



HEALTH SCORE

69%

Il Diavolo Pizza



Vegetarian



Very Healthy

READY IN



160 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 packet active yeast dry
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 1 teaspoon pepper red crushed
- ☐ 3 cups flour for dusting plus more
- ☐ 1 tablespoon basil dried fresh or 1 teaspoon basil
- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon ground habanero pepper dried
- ☐ 1 tablespoon ground jalapeno pepper dried

- ☐ 1 tablespoon ground savina pepper dried red
- ☐ 4 servings jalapeño peppers fresh sliced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings olive oil
- ☐ 1 tablespoon ground bhut jolokia peppers dried ghost
- ☐ 4 servings habanero peppers fresh sliced
- ☐ 1 teaspoon salt
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 1 cup warm water

Equipment

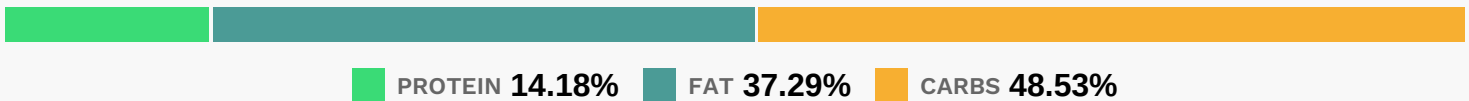
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ stand mixer
- ☐ stove
- ☐ pizza stone

Directions

- ☐ For the crust: In a small bowl, combine the yeast with the warm water.
- ☐ Let sit until it foams. In the bowl of a stand mixer fitted with the paddle attachment, combine the yeast mixture with the flour and salt.
- ☐ Mix until a smooth dough forms. The dough should be soft, not sticky (if it's sticky add more flour).
- ☐ Take the dough out of the mixing bowl, lay it on a flat surface and cover with a damp towel.
- ☐ Let the dough rest like this for at least 1 hour. After 1 hour, divide the dough into 2 pieces.

- ☐ Roll each piece into a ball and place on a flat surface. Cover each ball with a small amount of olive oil, cover with plastic wrap and let sit at room temperature for another 30 minutes.
- ☐ Transfer the dough to a flat surface covered with flour. Stretch each of the dough balls into a 12-inch round pizza crust.
- ☐ For the sauce: In a large saucepan, combine the olive oil and garlic.
- ☐ Heat on medium heat until the garlic is fragrant.
- ☐ Add the crushed tomatoes, basil, crushed red pepper and salt. Stir together and let simmer for at least 30 minutes. Take the sauce off the stove and let cool completely. Once the sauce is cool, add all the dried ground peppers. (Yes, that is a lot of heat!!)
- ☐ For the topping: Preheat a pizza stone in the oven to 450 degrees F. Cover each pizza crust with 1/2 cup of sauce. Top each pizza with 4 ounces mozzarella. Cover the cheese with fresh sliced habanero and jalapeno peppers to taste. For more intense heat, pile them on!
- ☐ Bake for 8 to 10 minutes. Strap on your seatbelt and enjoy!

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:56.93, Inflammation Score:-9, Nutrition Score:39.953478636949%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg, Luteolin: 3.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 761.75kcal (38.09%), Fat: 32.1g (49.38%), Saturated Fat: 10.21g (63.84%), Carbohydrates: 94g (31.33%), Net Carbohydrates: 84.97g (30.9%), Sugar: 11.59g (12.88%), Cholesterol: 44.79mg (14.93%), Sodium: 1216.92mg (52.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.94%), Vitamin C: 81.41mg (98.68%), Vitamin B1: 1.14mg (76.19%), Manganese: 1.45mg (72.52%), Folate: 254.56µg (63.64%), Selenium: 43.32µg (61.88%), Vitamin B2: 0.84mg (49.62%), Iron: 8.75mg (48.63%), Vitamin K: 49.06µg (46.72%), Vitamin B3: 9.29mg (46.43%), Calcium: 412.92mg (41.29%), Phosphorus: 402.25mg (40.22%), Vitamin E: 5.96mg (39.72%), Fiber: 9.03g (36.13%), Vitamin B6: 0.63mg (31.28%), Copper: 0.62mg (31.15%), Potassium: 942.46mg (26.93%), Vitamin A: 1305.36IU (26.11%), Magnesium: 92.16mg (23.04%), Vitamin B12: 1.29µg (21.57%), Zinc: 3.23mg (21.53%), Vitamin B5: 1.41mg (14.14%), Vitamin D: 0.23µg (1.51%)