



Individual Pizzas with Broccoli, Cheese, and Meat Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil leaves loosely packed
- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups broccoli florets
- ☐ 2 garlic cloves minced
- ☐ 0.5 pound ground round
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 cup onion finely chopped

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.3 cups part-skim ricotta cheese
- ☐ 24 ounce pizza crusts italian cheese-flavored such as Boboli
- ☐ 0.5 teaspoon salt divided
- ☐ 3 tablespoons tomato paste
- ☐ 1.5 cups tomatoes fresh diced

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 40
- ☐ Cook onion, garlic, and beef in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- ☐ Add tomato paste, 1/4 teaspoon salt, pepper, and tomatoes; bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Steam broccoli, covered, 4 minutes or until tender.
- ☐ Drain.
- ☐ Place broccoli, 1/4 teaspoon salt, ricotta, basil, Parmesan, and juice in a blender or food processor; process until broccoli is finely chopped.
- ☐ Spread about 1/3 cup broccoli mixture over each pizza crust, leaving a 1/2-inch border; top with 1/3 cup beef mixture.
- ☐ Place pizzas on a baking sheet.
- ☐ Bake at 400 for 18 minutes or until heated.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:18.249565083048%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg, Kaempferol: 3.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 562.1kcal (28.11%), Fat: 37.77g (58.1%), Saturated Fat: 9.48g (59.22%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 13.26g (4.82%), Sugar: 4.09g (4.55%), Cholesterol: 66.48mg (22.16%), Sodium: 655.89mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.87g (91.74%), Vitamin C: 50.41mg (61.1%), Vitamin K: 59.57µg (56.73%), Calcium: 467.82mg (46.78%), Selenium: 17.81µg (25.45%), Phosphorus: 253.08mg (25.31%), Vitamin A: 1057.69IU (21.15%), Zinc: 3.01mg (20.05%), Vitamin B12: 1.04µg (17.36%), Vitamin B6: 0.33mg (16.45%), Potassium: 554.3mg (15.84%), Vitamin B2: 0.25mg (14.88%), Vitamin B3: 2.79mg (13.93%), Manganese: 0.26mg (12.87%), Folate: 51.17µg (12.79%), Iron: 1.93mg (10.73%), Fiber: 2.49g (9.95%), Magnesium: 38.8mg (9.7%), Vitamin E: 1.09mg (7.28%), Vitamin B5: 0.72mg (7.22%), Copper: 0.14mg (7.11%), Vitamin B1: 0.09mg (6.31%)