



Kale, Chorizo, and Manchego Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces chorizo hard spanish-style thinly sliced ()
- ☐ 10 oz kale chopped
- ☐ 1 cup manchego cheese shredded
- ☐ 1 tbsp olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound pizza dough

Equipment

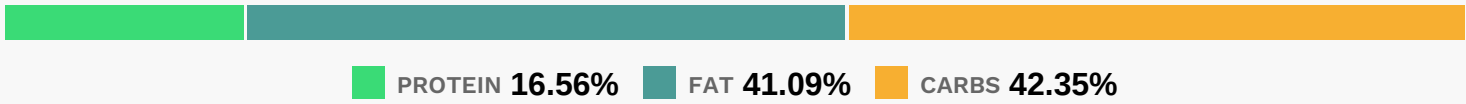
- ☐ baking sheet

- ☐ oven
- ☐ pot
- ☐ rolling pin
- ☐ pizza stone

Directions

- ☐ Preheat oven to 50
- ☐ If using a pizza stone, place it on a rack in the oven.
- ☐ Bring 2 qts. very hot water to a boil in a covered pot.
- ☐ Add kale; cook until tender to the bite, about 3 minutes.
- ☐ Drain, rinse with cold water, and squeeze out excess water.
- ☐ Meanwhile, roll dough on a floured work surface into a 14-in. circle, letting it rest a few seconds between passes of the rolling pin so it will stretch.
- ☐ Lay dough on a floured baking sheet.
- ☐ Sprinkle dough with manchego, chorizo, kale, and pepper. Slide pizza onto hot stone, if using, or bake on the baking sheet until browned and puffed, 5 to 10 minutes.
- ☐ Drizzle with oil.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:20.353912985843%

Flavonoids

Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg, Isorhamnetin: 16.73mg Kaempferol: 33.17mg, Kaempferol: 33.17mg, Kaempferol: 33.17mg, Kaempferol: 33.17mg Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg, Quercetin: 16mg

Nutrients (% of daily need)

Calories: 537.52kcal (26.88%), Fat: 24.75g (38.07%), Saturated Fat: 11.08g (69.25%), Carbohydrates: 57.38g (19.13%), Net Carbohydrates: 52.71g (19.17%), Sugar: 7.6g (8.44%), Cholesterol: 47.95mg (15.98%), Sodium: 1029.31mg (44.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.45g (44.89%), Vitamin K: 278.92µg

(265.64%), Vitamin A: 7338.28IU (146.77%), Vitamin C: 66.2mg (80.24%), Calcium: 483.44mg (48.34%), Iron: 4.79mg (26.59%), Manganese: 0.5mg (24.95%), Fiber: 4.67g (18.68%), Vitamin B2: 0.25mg (14.49%), Folate: 43.98µg (11%), Potassium: 250mg (7.14%), Vitamin E: 0.97mg (6.5%), Magnesium: 23.82mg (5.95%), Vitamin B1: 0.08mg (5.36%), Vitamin B6: 0.1mg (5.25%), Vitamin B3: 0.84mg (4.2%), Phosphorus: 39.38mg (3.94%), Copper: 0.04mg (2.04%), Zinc: 0.28mg (1.86%)