



Local Farmers' Market Pizza

READY IN



60 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 cup cherry tomatoes halved
- 0.3 cup basil fresh
- 1 cup ears corn fresh (2 ears)
- 5 ounces mozzarella fresh thinly sliced
- 1 teaspoon thyme sprigs fresh chopped
- 5 garlic clove thinly sliced
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 cups onion thinly sliced

- 1.5 ounces parmesan grated
- 16 ounce uncook pizza crust fresh refrigerated
- 2 cups bell pepper red thinly sliced
- 0.3 teaspoon salt

Equipment

- frying pan
- oven
- pizza pan

Directions

- Preheat oven to 425
- Position an oven rack in the next to lowest setting.
- Place a 16-inch pizza pan on the rack.
- Heat a large nonstick skillet over medium-high heat.
- Add olive oil to pan, and swirl to coat.
- Add 2 cups onion and thyme to pan; cook for 3 minutes or until the onion is tender, stirring occasionally.
- Add bell pepper and garlic to pan; cook for 2 minutes, stirring occasionally.
- Add corn, salt, and black pepper to pan; cook for 1 minute or until thoroughly heated.
- Roll dough into a 16-inch circle on a lightly floured surface.
- Remove pan from oven. Coat the pan with cooking spray.
- Place dough on pan. Arrange mozzarella slices evenly over dough.
- Spread the corn mixture evenly over cheese, and top with Parmigiano-Reggiano cheese.
- Bake at 425 for 23 minutes. Arrange tomatoes evenly over pizza; bake an additional 5 minutes or until crust is browned.
- Remove from oven; sprinkle with basil.
- Cut into 6 slices.

Nutrition Facts

PROTEIN 17.12% FAT 30.55% CARBS 52.33%

Properties

Glycemic Index:48.33, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:15.455652262854%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 389.53kcal (19.48%), Fat: 13.46g (20.71%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 51.88g (17.29%), Net Carbohydrates: 47.99g (17.45%), Sugar: 7.95g (8.83%), Cholesterol: 23.48mg (7.83%), Sodium: 770.51mg (33.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.95%), Vitamin C: 76.38mg (92.58%), Vitamin A: 2024.66IU (40.49%), Calcium: 299.58mg (29.96%), Phosphorus: 194.72mg (19.47%), Iron: 3mg (16.69%), Fiber: 3.89g (15.56%), Vitamin B6: 0.3mg (15.01%), Manganese: 0.27mg (13.61%), Folate: 49.65µg (12.41%), Vitamin K: 11.2µg (10.66%), Vitamin B12: 0.62µg (10.39%), Vitamin B2: 0.17mg (10.07%), Potassium: 343.66mg (9.82%), Selenium: 6.56µg (9.37%), Vitamin E: 1.36mg (9.08%), Zinc: 1.29mg (8.62%), Magnesium: 32.47mg (8.12%), Vitamin B1: 0.11mg (7.55%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.51mg (5.14%), Copper: 0.08mg (4.07%)