



Majorcan Vegetable Pizza (Coca de Verduras)

READY IN



45 min.

SERVINGS



6

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons cornmeal
- 0.5 teaspoon kosher salt
- 2 ounces part-skim ricotta cheese
- 0.5 catalonian crust
- 3 cups samfaina
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Equipment

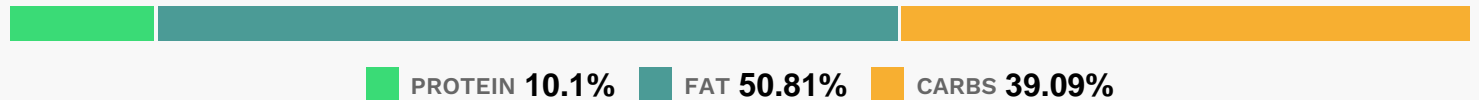
- baking sheet

- oven
- spatula

Directions

- Preheat oven to 50
- Place a baking stone in oven; preheat 30 minutes.
- Gently stretch the Catalonian Crust into a 12-inch circle, and place on the back of a baking sheet sprinkled with cornmeal. Carefully slide the dough onto the preheated stone, using a spatula as a guide.
- Spread Samfaina evenly over the dough, leaving a 1/2-inch border; top evenly with ricotta cheese.
- Sprinkle with salt.
- Bake at 500 for 16 minutes or until crust is golden.
- Wine note: The sweet-savory quality of the ricotta cheese and the boldly seasoned vegetables on this pizza call for a wine that's fresh and crisp, but not oaky. Spain's leading white winealbariois perfect for the job. It's snappy and pure, with just a hint of almond and citrus. Try Nora Albario 2006 from Rias Baixas, Spain (\$13). Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:11.42, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.5126086718038%

Nutrients (% of daily need)

Calories: 79.7kcal (3.99%), Fat: 4.47g (6.88%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.34g (2.67%), Sugar: 0.04g (0.04%), Cholesterol: 2.93mg (0.98%), Sodium: 263.56mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Selenium: 2.42µg (3.45%), Manganese: 0.07mg (3.36%), Phosphorus: 28.62mg (2.86%), Calcium: 28.55mg (2.85%), Folate: 11.32µg (2.83%), Vitamin B1: 0.04mg (2.83%), Vitamin B2: 0.04mg (2.47%), Iron: 0.43mg (2.37%), Vitamin B3: 0.4mg (2.01%), Fiber: 0.4g (1.6%), Zinc: 0.21mg (1.38%), Vitamin K: 1.1µg (1.05%), Magnesium: 4.08mg (1.02%)