



Manchego and Chorizo Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound broccoli rabe trimmed (rapini)
- ☐ 2 ounces chorizo sausage cut spanish thinly sliced
- ☐ 2 ounces manchego cheese shredded
- ☐ 12 ounce uncook pizza crust (such as Mama Mary's)
- ☐ 0.7 cup plum tomatoes chopped
- ☐ 0.3 cup onion red vertically sliced
- ☐ 0.1 teaspoon salt

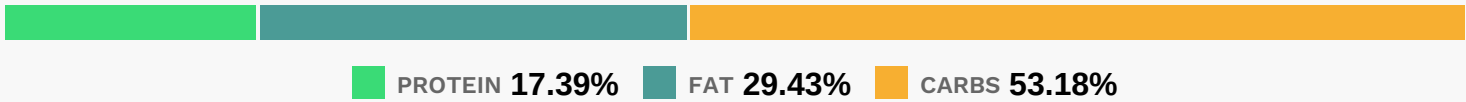
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Cook broccoli rabe in boiling water 4 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain; squeeze excess moisture from broccoli rabe, and pat dry with paper towels. Coarsely chop, and sprinkle with salt.
- ☐ Place pizza crust on a baking sheet.
- ☐ Sprinkle evenly with Manchego cheese. Top with broccoli rabe, chorizo, plum tomato, and red onion.
- ☐ Bake at 450 for 12 minutes or until crust browns.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:13.623913168907%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 339.18kcal (16.96%), Fat: 11.15g (17.15%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 41.86g (15.22%), Sugar: 2.96g (3.29%), Cholesterol: 25.17mg (8.39%), Sodium: 630.95mg (27.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.63%), Vitamin K: 130.16µg (123.96%), Vitamin A: 1964.7IU (39.29%), Calcium: 299.36mg (29.94%), Vitamin C: 20.17mg (24.44%), Iron: 3.81mg (21.16%), Manganese: 0.28mg (14.1%), Fiber: 3.46g (13.83%), Folate: 54.87µg (13.72%), Vitamin E: 1.13mg (7.56%), Vitamin B1: 0.11mg (7.4%),

Vitamin B6: 0.14mg (7.03%), Potassium: 219.2mg (6.26%), Phosphorus: 53.75mg (5.38%), Vitamin B2: 0.08mg (4.9%), Vitamin B3: 0.94mg (4.69%), Magnesium: 17.81mg (4.45%), Zinc: 0.52mg (3.47%), Copper: 0.05mg (2.55%), Vitamin B5: 0.23mg (2.3%)