



Margherita Piadine

READY IN



15 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 4 cups arugula loosely packed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 large basil leaves cut into thin strips
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 small garlic clove minced
- ☐ 2 teaspoons olive oil extra-virgin divided
- ☐ 11 ounce thin-crust pizza crust dough refrigerated
- ☐ 1.5 cups plum tomatoes diced seeded (2)
- ☐ 2.7 ounce provolone cheese reduced-fat (such as Sargento)

☐ 0.1 teaspoon salt

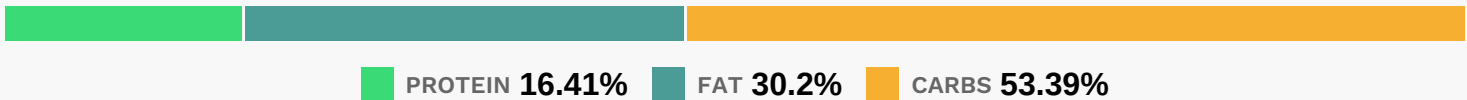
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ Coat a large baking sheet with cooking spray.
- ☐ Roll out dough onto prepared baking sheet; cut dough crosswise in half, creating 2 smaller rectangles.
- ☐ Brush surface of dough with 1 teaspoon oil; sprinkle with garlic, basil, and 1/8 teaspoon pepper.
- ☐ Bake at 425 for 8 minutes or until crust is golden but still pliable.
- ☐ While crust bakes, combine remaining oil, remaining 1/8 teaspoon pepper, vinegar, and salt in a large bowl, stirring with a whisk.
- ☐ Add arugula and tomatoes; toss well.
- ☐ Arrange cheese slices lengthwise down long side of crusts; top with arugula mixture. Fold dough over filling, creating 2 long rectangle sandwiches.
- ☐ Bake an additional 1 to 2 minutes or until cheese melts.
- ☐ Cut each rectangle crosswise in half.
- ☐ Serve immediately.
- ☐ Serve with: Lemony Chickpea Salad

Nutrition Facts



Properties

Glycemic Index:69.75, Glycemic Load:1.58, Inflammation Score:-7, Nutrition Score:9.6369564896045%

Flavonoids

Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 322.96kcal (16.15%), Fat: 10.91g (16.79%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 40.79g (14.83%), Sugar: 4.63g (5.15%), Cholesterol: 13.11mg (4.37%), Sodium: 635.15mg (27.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Vitamin K: 31.89µg (30.37%), Vitamin A: 1397.37IU (27.95%), Calcium: 258.92mg (25.89%), Vitamin C: 15.44mg (18.72%), Iron: 2.83mg (15.7%), Phosphorus: 128.18mg (12.82%), Fiber: 2.61g (10.46%), Manganese: 0.2mg (10.23%), Potassium: 320.35mg (9.15%), Folate: 34.86µg (8.71%), Magnesium: 25.55mg (6.39%), Vitamin E: 0.9mg (6.01%), Zinc: 0.87mg (5.83%), Vitamin B2: 0.1mg (5.67%), Vitamin B6: 0.11mg (5.48%), Vitamin B12: 0.28µg (4.62%), Selenium: 2.93µg (4.18%), Copper: 0.08mg (3.93%), Vitamin B3: 0.63mg (3.14%), Vitamin B1: 0.05mg (3.13%), Vitamin B5: 0.26mg (2.64%)