



Margherita Pizza with Arugula

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups arugula roughly chopped
- ☐ 2 tbsp balsamic vinegar
- ☐ 25 oz canned tomatoes crushed canned
- ☐ 0.8 cup basil fresh chopped
- ☐ 2 tbsp garlic fresh finely chopped
- ☐ 1.5 cups lowfat fontina grated
- ☐ 3 tbsp olive oil extra-virgin
- ☐ 8 servings grilled pizza crust
- ☐ 1.5 cups lowfat romano grated

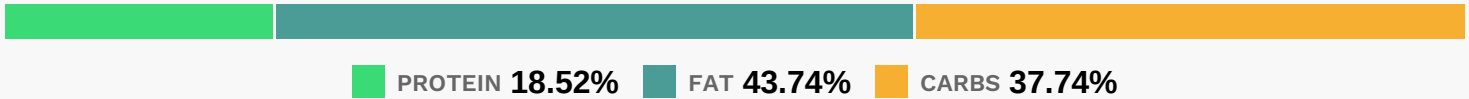
Equipment

☐ bowl

Directions

- ☐ To make sauce, combine tomatoes, basil, garlic, and 1 tbsp oil in a medium-sized bowl. Stir well and set aside for up to 1 hour.
- ☐ Mix cheeses together in a bowl. In a separate bowl, combine arugula, remaining 2 tbsp oil, and vinegar. Season with salt and pepper. Make crust. While second side of each crust is grilling, spread 1/8 cheese mixture over cooked side of each crust; dollop each with 1/3 cup sauce. (Do not spread.) Top with arugula. Rotate 3 to 4 minutes until bottom is golden brown.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.74, Inflammation Score:-7, Nutrition Score:13.399565225062%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 434.36kcal (21.72%), Fat: 21.37g (32.87%), Saturated Fat: 10.23g (63.97%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 38.47g (13.99%), Sugar: 6.35g (7.05%), Cholesterol: 48.21mg (16.07%), Sodium: 895.44mg (38.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.36g (40.71%), Calcium: 458.48mg (45.85%), Vitamin K: 34.63µg (32.98%), Phosphorus: 269.36mg (26.94%), Iron: 3.53mg (19.62%), Vitamin A: 969.07IU (19.38%), Manganese: 0.28mg (14.1%), Vitamin C: 11.43mg (13.85%), Vitamin E: 2.06mg (13.72%), Fiber: 3g (11.99%), Zinc: 1.7mg (11.36%), Vitamin B2: 0.18mg (10.75%), Potassium: 366.08mg (10.46%), Vitamin B12: 0.63µg (10.43%), Vitamin B6: 0.21mg (10.43%), Selenium: 7.17µg (10.25%), Copper: 0.2mg (10.05%), Magnesium: 38.34mg (9.59%), Folate: 30.45µg (7.61%), Vitamin B3: 1.21mg (6.07%), Vitamin B1: 0.09mg (6%), Vitamin B5: 0.51mg (5.14%), Vitamin D: 0.24µg (1.62%)