

 100%
HEALTH SCORE

Meat Lite: Antipasto Pizza

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



2028 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 grams yeast dry
- ☐ 1 cup baby arugula loosely packed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 5 large basil
- ☐ 5 pepper black freshly ground
- ☐ 1.5 teaspoons coarse salt
- ☐ 2 tablespoon olive oil extra virgin
- ☐ 0.5 cup fontina grated

- ☐ 1 head garlic
- ☐ 0.3 teaspoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup mozzarella cheese grated
- ☐ 0.5 cup parsley loosely packed
- ☐ 1 large portabello mushrooms sliced into 1/2-inch strips
- ☐ 1 large bell pepper red cut into 1/2-inch strips
- ☐ 1 small onion red sliced into thin strips
- ☐ 2.5 cups flour all-purpose
- ☐ 1 cup water divided (110° F)
- ☐ 1 tablespoon water
- ☐ 2 ounces frangelico sweet
- ☐ 2 ounces frangelico sweet

Equipment

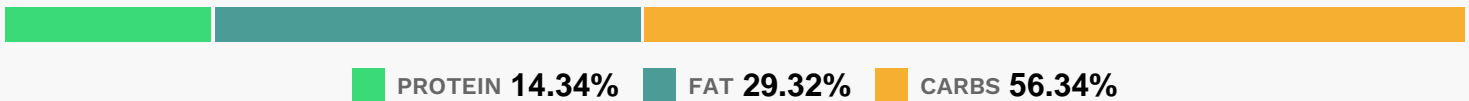
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ measuring cup
- ☐ pizza stone

Directions

- ☐ Start by making the pizza dough.
- ☐ Stir the yeast into 1/2 cup of the warm water in a small bowl and set aside while preparing the other dough ingredients.
- ☐ Combine the salt and the flour in the bowl of a food processor fixed with the dough blade. Pulse a few times to combine.
- ☐ In a liquid measuring cup, whisk together the remaining 1/2 cup warm water, honey and olive oil, and add the yeast mixture. With the processor running, slowly add the wet ingredients to the dry through the chute in the lid.
- ☐ Let the processor run until a ball of dough forms.* (See note below) Turn the dough ball out onto a lightly floured surface and knead it for 5 minutes, or until the dough is smooth and soft.
- ☐ Transfer the dough to a large bowl brushed with oil. Cover the bowl with a clean kitchen towel and set aside in a warm place to rise for 1 hour. After an hour, punch the risen dough down and let it rise again for about 30 minutes.
- ☐ While the dough rises, make the roasted vegetables. Preheat oven to 375° F.
- ☐ Combine the peppers, mushrooms, and onions in a 13x9-inch baking dish.
- ☐ Whisk together the olive oil, vinegar, water, salt and pepper.
- ☐ Pour the mixture over the vegetables and toss to combine. Cover the baking dish loosely with foil or a glass lid.
- ☐ Cut the head of garlic in half horizontally.
- ☐ Place the two halves, cut side up, on a piece of aluminum foil (about the size of a standard sheet of paper).
- ☐ Add 2 tablespoons water and fold up the sides of the foil to make a vessel around the garlic.
- ☐ Put the baking dish and the foil vessel in the oven and roast the vegetables and garlic for 30 to 45 minutes, until they are tender.
- ☐ Let them cool to room temperature.
- ☐ Pop the roasted garlic out of the skins, discarding the skins. Smash the cloves together with the 1 tablespoon of olive oil, forming a paste.
- ☐ When the dough is nearly ready, preheat the oven to 500° F.
- ☐ Gently stretch and press the dough onto your favorite pizza-baking device (I use a 14-inch cast iron pan. You might go with your trusty pizza stone. Some opt for a metal pizza parlor tray).

- ☐ Spread the roasted garlic paste across the surface of the dough and then arrange the soppresata slices on top.
- ☐ Add the vegetables (divide into sections per veggie if desired).
- ☐ Combine the cheeses and sprinkle across the vegetables.
- ☐ Bake the pizza for about 10 minutes, or until the crust is golden and done to your liking.
- ☐ While the pizza bakes, whisk together the balsamic, honey, pepper, salt and olive oil. Roughly chop the parsley, arugula and basil and then toss with the vinaigrette.
- ☐ Just before serving the pizza, cut it into even slices with a pizza wheel and top with the greens.
- ☐ *No food processor? Make the dough by hand. Slowly combine the wet and dry ingredients in a large mixing bowl stirring with a wooden spoon or your hands until shaggy dough forms. Once all of the ingredients are incorporated, and some semblance of a dough ball has formed, proceed with the kneading, adding a minute or two to the total.

Nutrition Facts



Properties

Glycemic Index:486.27, Glycemic Load:183.24, Inflammation Score:-10, Nutrition Score:73.475652052009%

Flavonoids

Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg, Isorhamnetin: 6.37mg Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg Myricetin: 4.94mg, Myricetin: 4.94mg, Myricetin: 4.94mg, Myricetin: 4.94mg Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg, Quercetin: 24.86mg

Nutrients (% of daily need)

Calories: 2027.56kcal (101.38%), Fat: 66.22g (101.87%), Saturated Fat: 24.8g (155.01%), Carbohydrates: 286.33g (95.44%), Net Carbohydrates: 266.41g (96.87%), Sugar: 20.91g (23.23%), Cholesterol: 120.8mg (40.27%), Sodium: 5021.98mg (218.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.88g (145.76%), Vitamin K: 560.06µg (533.39%), Vitamin C: 270.09mg (327.38%), Vitamin B1: 3.54mg (235.95%), Folate: 931.5µg (232.88%), Selenium: 146.26µg (208.94%), Manganese: 3.84mg (191.82%), Vitamin A: 9255.35IU (185.11%), Vitamin B2: 2.48mg (146.1%), Vitamin B3: 27.66mg (138.28%), Iron: 19.74mg (109.65%), Phosphorus: 1056.72mg (105.67%), Calcium: 898.62mg (89.86%), Fiber: 19.92g (79.7%), Vitamin B6: 1.46mg (72.92%), Zinc: 8.6mg (57.32%), Copper: 1.08mg (54.01%), Vitamin E: 7.54mg (50.24%), Potassium: 1743.01mg (49.8%), Vitamin B5: 4.74mg (47.38%), Magnesium: 169.46mg

(42.36%), Vitamin B12: 2.43µg (40.54%), Vitamin D: 0.87µg (5.81%)