



 **19%**
HEALTH SCORE

Mediterranean Pizza with Whole Wheat Crust

 Vegetarian

READY IN



38 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.3 teaspoon pepper black
- 2 teaspoons cornmeal
- 1.5 teaspoons yeast dry
- 0.5 cup sun-dried olives with basil and sun-dried tomatoes crumbled
- 1 cup flour all-purpose
- 2 tablespoons basil fresh divided chopped
- 2 tablespoons basil fresh divided chopped

- 4 garlic clove minced
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 2 tablespoons oregano fresh divided chopped
- 3 ounces part-skim mozzarella cheese
- 1 plum tomatoes thinly sliced
- 0.5 cup onion red chopped
- 0.8 teaspoon salt divided
- 0.3 cup water cold
- 2 tablespoons water (100° to 110°)
- 0.3 cup flour whole wheat
- 1 small zucchini thinly sliced

Equipment

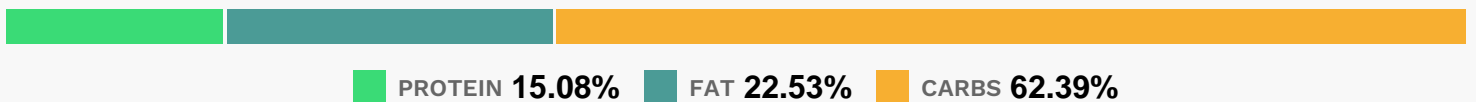
- bowl
- frying pan
- paper towels
- oven
- knife
- pizza pan
- measuring cup

Directions

- Combine first 3 ingredients in a large bowl; let stand 5 minutes. Stir in 1 tablespoon oil. Lightly spoon flours into dry measuring cups; level with a knife. Stir flours and 1/2 teaspoon salt into yeast mixture. Gradually add 1/3 cup cold water, stirring until dough forms a ball.
- Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 2 minutes).

- Roll dough into a 9-inch circle on a lightly floured surface.
- Place dough on a 12-inch pizza pan coated with cooking spray and sprinkled with cornmeal.
- Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size.
- Place tomato slices on paper towels; let stand 5 minutes.
- Preheat oven to 40
- Heat 1 teaspoon oil in a large nonstick skillet.
- Add onion, zucchini, and garlic; saut 4 minutes or until tender.
- Add artichokes and 1 1/2 tablespoons each of basil and oregano; saut 30 seconds.
- Drain. Stir in 1/4 teaspoon salt and pepper. Set aside.
- Crimp edges of dough with fingers to form a rim; coat with cooking spray.
- Bake at 400 for 9 to 10 minutes or until lightly browned.
- Sprinkle crust with 1/2 cup cheese blend. Top with vegetable mixture.
- Sprinkle with 1/4 cup cheese blend.
- Place tomato slices on top of cheese.
- Sprinkle with feta cheese and remaining basil and oregano.
- Bake an additional 6 to 7 minutes or until crust is golden.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.1, Glycemic Load:12.5, Inflammation Score:-8, Nutrition Score:10.122608701172%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 179.32kcal (8.97%), Fat: 4.61g (7.09%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 25.06g (9.11%), Sugar: 8.53g (9.48%), Cholesterol: 6.8mg (2.27%), Sodium: 478.59mg (20.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.89%), Manganese: 0.55mg (27.58%), Vitamin B1: 0.27mg (17.67%), Vitamin K: 17.94µg (17.08%), Folate: 60.1µg (15.03%), Fiber: 3.65g (14.61%), Selenium: 10µg (14.28%), Calcium: 125.56mg (12.56%), Phosphorus: 124.18mg (12.42%), Iron: 2.19mg (12.18%), Vitamin B2: 0.2mg (11.89%), Vitamin B3: 2.2mg (10.99%), Potassium: 382.06mg (10.92%), Vitamin C: 7.84mg (9.51%), Copper: 0.18mg (8.98%), Magnesium: 34.46mg (8.61%), Vitamin B6: 0.14mg (7.05%), Zinc: 0.85mg (5.66%), Vitamin A: 280.31IU (5.61%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.4mg (4.01%), Vitamin B12: 0.09µg (1.46%)