



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
- ☐ 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

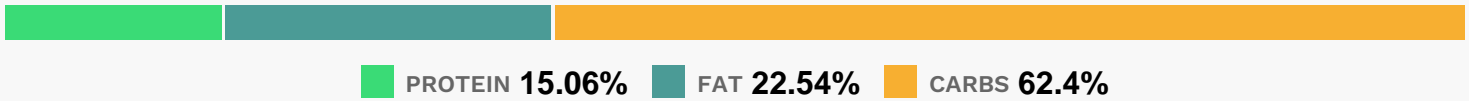
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

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:55.35, Glycemic Load:12.5, Inflammation Score:-8, Nutrition Score:9.9656521528959%

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: 179.2kcal (8.96%), Fat: 4.61g (7.09%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 25.06g (9.11%), Sugar: 8.53g (9.47%), Cholesterol: 6.8mg (2.27%), Sodium: 478.57mg (20.81%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.85%), Manganese: 0.55mg (27.29%), Vitamin B1: 0.26mg (17.66%), Vitamin K: 15.86µg (15.11%), Folate: 59.76µg (14.94%), Fiber: 3.64g (14.58%), Selenium: 10µg (14.28%), Calcium: 124.68mg (12.47%), Phosphorus: 123.9mg (12.39%), Iron: 2.18mg (12.09%), Vitamin B2: 0.2mg (11.87%), Vitamin B3: 2.19mg (10.96%), Potassium: 380.59mg (10.87%), Vitamin C: 7.75mg (9.4%), Copper: 0.18mg (8.88%), Magnesium: 34.14mg (8.53%), Vitamin B6: 0.14mg (7.01%), Zinc: 0.85mg (5.64%), Vitamin A: 253.93IU (5.08%), Vitamin E: 0.67mg (4.49%), Vitamin B5: 0.4mg (4%), Vitamin B12: 0.09µg (1.46%)