



Mega Meatball Pizza

READY IN



32 min.

SERVINGS



4

CALORIES



1096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings bell pepper black
- 4 servings coarse salt
- 1 handful flat-leaf parsley chopped
- 4 servings palm full flour all-purpose
- 4 cloves garlic finely chopped
- 1.5 pounds ground sirloin
- 0.8 pound brick mozzarella fresh grated sliced
- 4 servings olive oil extra-virgin for drizzling, plus 2 tablespoons - 2 turns of the pan
- 1 medium onion finely chopped

- 1 teaspoon oregano dried
- 0.5 cup parmigiano-reggiano grated
- 1 from pizza shop store bought your favorite
- 2 tablespoons rosemary leaves finely chopped
- 6 ounce tomato paste canned

Equipment

- frying pan
- baking sheet
- oven
- wooden spoon
- pizza stone

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- On a round pizza stone or pan or on a rectangular baking sheet, using flour or cornmeal to dust the dough, spread out the dough to form your crust. If you are using a baking sheet, drizzle pan with extra-virgin olive oil then set crust in place. Poke the pizza dough in several areas with the tines of a fork.
- Drizzle the dough with extra-virgin olive oil then season it with finely chopped rosemary and a little salt.
- Place in oven 10 minutes.
- Heat a large skillet over medium high heat.
- Add 2 tablespoons extra-virgin olive oil, 2 turns of the pan, then the meat. Brown and crumble meat a couple of minutes, then add onions and garlic. Season the meat with salt and pepper then work in the tomato paste using the back of a wooden spoon to combine. Stir in the cheese, parsley and oregano.
- Remove pizza crust from oven and top with meat. Arrange cheese over the pizza, working to edges. Return the pizza to the oven and bake until cheese is golden, another 10 to 12 minutes.

Nutrition Facts

PROTEIN 23.6% FAT 53.61% CARBS 22.79%

Properties

Glycemic Index:90.75, Glycemic Load:6.65, Inflammation Score:-8, Nutrition Score:32.702173699503%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 1095.7kcal (54.79%), Fat: 65.2g (100.31%), Saturated Fat: 26.03g (162.67%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 58.69g (21.34%), Sugar: 10.15g (11.28%), Cholesterol: 191.35mg (63.78%), Sodium: 1805.67mg (78.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.57g (129.14%), Vitamin B12: 5.78µg (96.34%), Zinc: 10.75mg (71.7%), Phosphorus: 715.14mg (71.51%), Selenium: 47.58µg (67.97%), Calcium: 653.22mg (65.32%), Iron: 8.31mg (46.16%), Vitamin B3: 9.09mg (45.46%), Vitamin B6: 0.79mg (39.62%), Vitamin B2: 0.62mg (36.39%), Vitamin K: 34.92µg (33.25%), Vitamin E: 3.48mg (23.19%), Potassium: 785.62mg (22.45%), Vitamin A: 889.37IU (17.79%), Magnesium: 71.01mg (17.75%), Manganese: 0.32mg (15.91%), Fiber: 3.7g (14.82%), Vitamin B1: 0.22mg (14.55%), Vitamin B5: 1.32mg (13.23%), Copper: 0.25mg (12.36%), Folate: 47.39µg (11.85%), Vitamin C: 8.84mg (10.71%), Vitamin D: 0.57µg (3.82%)