



Middle Eastern Pizza

 Vegetarian

READY IN



190 min.

SERVINGS



8

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 pound buffalo mozzarella cheese fresh shredded
- ☐ 32 ounce canned tomatoes diced canned
- ☐ 1 medium eggplant cubed
- ☐ 1.5 cups feta cheese french crumbled
- ☐ 1 medium bunch mint leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon garlic powder

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup kalamata olives pitted roughly chopped
- ☐ 0.5 cup oil-packed sun-dried tomatoes roughly chopped
- ☐ 8 servings olive oil
- ☐ 1 pound pizza dough for 1 hour at room temperature
- ☐ 1 large onion red sliced
- ☐ 1 teaspoon salt
- ☐ 0.3 tablespoon sumac powder
- ☐ 1 medium onion yellow coarsely chopped

Equipment

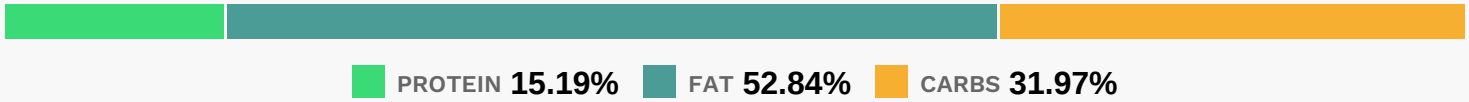
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat the olive oil in a saucepan over medium-high heat.
- ☐ Add the onion and cook until soft, 5 to 7 minutes.
- ☐ Add the garlic powder, sumac and tomatoes and cook until thickened, about 20 minutes. Season with salt and pepper.
- ☐ Make the pizza: Preheat the oven to 500 degrees F.
- ☐ Drizzle a rimmed baking sheet with 2 tablespoons olive oil and stretch the pizza dough to fill the pan (it doesn't have to be perfect since this is a rustic pizza).
- ☐ Brush the dough with olive oil and bake until just golden, 10 to 15 minutes.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium-high heat.
- ☐ Add the eggplant and cumin, season with salt and pepper, and cook until the eggplant is tender, 7 to 10 minutes.
- ☐ Add the garlic and cook 5 more minutes. Meanwhile, heat the remaining 1 tablespoon olive oil in a separate skillet over medium heat.

- ☐
- Add the red onion and cook, stirring occasionally, until caramelized, about 15 minutes.
- ☐
- Reduce the oven temperature to 450 degrees F. Top the crust with 1 cup sauce, the mozzarella, eggplant mixture, caramelized onion, olives, sun-dried tomatoes and feta. Return to the oven and cook until the cheese melts and the crust is golden brown, 15 to 20 more minutes, brushing the crust with olive oil halfway through.
- ☐
- Remove the pizza from the oven and brush the crust with olive oil again. Top the pizza with the mint.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:4.76, Inflammation Score:-9, Nutrition Score:21.049999994195%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 589.47kcal (29.47%), Fat: 35.75g (55.01%), Saturated Fat: 13.81g (86.33%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 42.17g (15.34%), Sugar: 14.85g (16.5%), Cholesterol: 68.12mg (22.71%), Sodium: 1545.33mg (67.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.27%), Calcium: 1472.86mg (147.29%), Vitamin A: 2168IU (43.36%), Manganese: 0.58mg (29.22%), Vitamin E: 4mg (26.65%), Fiber: 6.49g (25.97%), Iron: 4.6mg (25.57%), Potassium: 816.81mg (23.34%), Vitamin B2: 0.36mg (21.39%), Vitamin B6: 0.42mg (21%), Vitamin C: 17.07mg (20.69%), Copper: 0.39mg (19.71%), Vitamin K: 20.58µg (19.6%), Phosphorus: 182.67mg (18.27%), Magnesium: 55.32mg (13.83%), Vitamin B1: 0.21mg (13.83%), Vitamin B3: 2.74mg (13.72%), Folate: 47.26µg (11.82%), Zinc: 1.44mg (9.59%), Vitamin B5: 0.94mg (9.43%), Selenium: 5.95µg (8.49%), Vitamin B12: 0.48µg (7.92%)