



Missed Putt Pizza

 Gluten Free

READY IN



275 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 4 basil leaves sliced
- ☐ 28 ounce tomatoes crushed canned
- ☐ 0.3 cup cornmeal
- ☐ 4 small cloves garlic chopped
- ☐ 4 servings salt and ground pepper fresh black
- ☐ 8 ounces mozzarella cheese whole sliced into thin rounds
- ☐ 1 tablespoon olive oil divided

- ☐ 3 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 3 medium onions thinly sliced
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 pound pancetta diced
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 roasted pepper red cut into strips
- ☐ 1 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1.3 cups warm water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen towels
- ☐ cutting board
- ☐ pizza stone

Directions

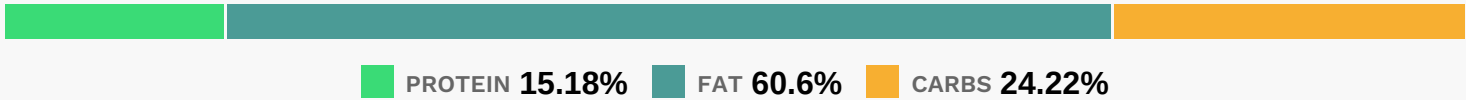
- ☐ Watch how to make this recipe.
- ☐ In the bowl of a standing mixer combine the 1 1/4 cups warm water, sugar and yeast.
- ☐ Let sit for 5 minutes until the yeast begins to bloom. The water will get foamy and bubbly when ready.

- ☐ Add the 3 3/4 cups of flour, salt, and 1 tablespoon of olive oil.
- ☐ Mix in a standing mixer fitted with a dough hook on medium speed until the dough is smooth, soft and stretchy, about 5 to 7 minutes.
- ☐ Remove the bowl from the mixer and cover it with a damp towel or plastic wrap. Put in a warm spot until the dough has doubled in volume, about 1 1/2 hours. Punch the dough down and remove it from the bowl. Divide the dough into 2 equal portions and roll into balls. Put on a floured cutting board, dust the dough with flour and cover with a kitchen towel or plastic wrap.
- ☐ Let sit in warm spot for another 1 1/2 hours.
- ☐ Heat the olive oil in a medium saucepan over medium heat.
- ☐ Add the onion and saute until soft and translucent, about 3 minutes.
- ☐ Add the garlic, red pepper flakes and oregano and saute for another 2 minutes. Stir in the crushed tomatoes and basil. Season with salt and pepper, to taste, and simmer for 10 to 15 minutes over low heat.
- ☐ Remove from the heat and let cool to room temperature before spreading on the pizza dough.
- ☐ In a large skillet over medium heat cook pancetta until brown and crispy.
- ☐ Remove to a plate lined with a paper towel to drain.
- ☐ In the same pan the pancetta was cooked in add the onions and turn heat to medium-low. Cook the onions until golden brown and caramelized making sure to stir ever few minutes for about 25 minutes.
- ☐ Remove the onions to a plate and set aside.
- ☐ *See instructions below of setting up grill or oven to cook pizza.
- ☐ On a floured work surface, roll out 1 piece of dough into a 12-inch round. Cover a pizza paddle or the backside of a sheet pan with 2 tablespoons of the cornmeal.
- ☐ Put the dough on the paddle. The cornmeal will act as little ball bearings and help the dough slide off the paddle.
- ☐ Brush the dough with 2 tablespoons of the olive oil.
- ☐ Spread half of the sauce evenly over the dough leaving 1-inch space between the end of the sauce and edge of the pizza dough. Top with half of the cheese and with half of all of the toppings.
- ☐ Carefully slide the pizza off of the paddle or sheet pan onto the hot pizza stone. Cover and let cook until the crust is brown and cheese is melted and bubbly, about 10 minutes. Repeat with

remaining dough and toppings.

☐ Remove the pizzas from the oven, slice and serve hot.

Nutrition Facts



Properties

Glycemic Index:98.65, Glycemic Load:11.44, Inflammation Score:-9, Nutrition Score:24.076087101646%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg, Quercetin: 20.35mg

Nutrients (% of daily need)

Calories: 566.7kcal (28.33%), Fat: 39.33g (60.51%), Saturated Fat: 13.41g (83.83%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 28.25g (10.27%), Sugar: 14.28g (15.87%), Cholesterol: 63.5mg (21.17%), Sodium: 1526.68mg (66.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Calcium: 400.96mg (40.1%), Vitamin C: 30.98mg (37.55%), Phosphorus: 369.67mg (36.97%), Manganese: 0.69mg (34.57%), Vitamin E: 4.98mg (33.18%), Vitamin B6: 0.65mg (32.47%), Fiber: 7.12g (28.48%), Vitamin B1: 0.42mg (27.7%), Selenium: 18.22µg (26.03%), Potassium: 905.59mg (25.87%), Vitamin K: 25.92µg (24.69%), Copper: 0.49mg (24.48%), Vitamin B12: 1.43µg (23.92%), Vitamin B3: 4.43mg (22.14%), Iron: 3.93mg (21.82%), Vitamin B2: 0.37mg (21.51%), Zinc: 3.15mg (21.03%), Magnesium: 80.16mg (20.04%), Vitamin A: 975.08IU (19.5%), Folate: 73.46µg (18.36%), Vitamin B5: 1.11mg (11.07%), Vitamin D: 0.34µg (2.27%)