



Monterey Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 cups flour all-purpose divided
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1.5 cups mangos peeled chopped
- ☐ 6 ounces monterrey jack cheese shredded

- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup warm water 100° to 110°

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in water in a large bowl; let stand 5 minutes. Stir in oil and salt. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 3/4 cups flour to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover, and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ Preheat oven to 50
- ☐ Punch dough down; turn out onto a baking sheet sprinkled with cornmeal.
- ☐ Roll into a 14 x 10-inch rectangle. Lightly coat surface of dough with cooking spray.
- ☐ Combine mango and lime juice in a small bowl; toss well.
- ☐ Combine the shredded cheese and fresh cilantro in a small bowl.
- ☐ Sprinkle cheese mixture evenly over dough. Top with jalapeo.
- ☐ Bake at 500 for 8 minutes or until cheese is bubbly and crust is browned. Top with mango mixture.

Nutrition Facts



 PROTEIN **16.43%**  FAT **30.26%**  CARBS **53.31%**

Properties

Glycemic Index:35.78, Glycemic Load:19.59, Inflammation Score:-6, Nutrition Score:9.8852173919263%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 221.44kcal (11.07%), Fat: 7.46g (11.48%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 29.58g (9.86%), Net Carbohydrates: 27.86g (10.13%), Sugar: 4.61g (5.13%), Cholesterol: 18.92mg (6.31%), Sodium: 275.8mg (11.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.12g (18.24%), Folate: 96.32µg (24.08%), Vitamin B1: 0.36mg (23.76%), Selenium: 13.97µg (19.95%), Vitamin C: 16.11mg (19.53%), Vitamin B2: 0.29mg (16.93%), Calcium: 168.76mg (16.88%), Phosphorus: 140.03mg (14%), Vitamin B3: 2.48mg (12.41%), Manganese: 0.25mg (12.28%), Vitamin A: 570.66IU (11.41%), Iron: 1.7mg (9.46%), Fiber: 1.72g (6.87%), Zinc: 0.97mg (6.49%), Vitamin B6: 0.1mg (4.9%), Copper: 0.1mg (4.87%), Magnesium: 17.48mg (4.37%), Vitamin K: 4.44µg (4.23%), Vitamin E: 0.57mg (3.78%), Vitamin B5: 0.38mg (3.78%), Potassium: 125.31mg (3.58%), Vitamin B12: 0.18µg (2.95%)