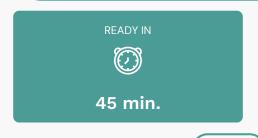


Moroccan Madness Pizza







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

0.5 teaspoon salt

| 3 tablespoons chili paste depending on your taste pref |
|--|
| 1 small eggplant very thinly sliced |
| 1 clove garlic finely chopped |
| 0.3 cup kalamata olives chopped |
| 0.8 cup tomatoes |
| 1 leaves mint leaves fresh chopped |
| 2 tablespoons olive oil |
| 11 oz pizza dough refrigerated thin pillsbury® canned |

| | 8 oz mozzarella cheese shredded | |
|------------|---|--|
| 믬 | | |
| Ш | 1 medium zucchini chopped | |
| Equipment | | |
| | bowl | |
| | baking sheet | |
| | oven | |
| | whisk | |
| | roasting pan | |
| | | |
| Directions | | |
| | Heat oven to 400°F. | |
| | In medium bowl, beat oil, 1 tablespoon of the harissa chili paste and the salt with whisk until well combined. | |
| | Add eggplant and zucchini; toss to combine. | |
| | Place eggplant and zucchini in roasting pan, setting bowl aside for step | |
| | Roast in oven 8 to 10 minutes or until eggplant and zucchini just start to become tender. | |
| | Grease dark or nonstick cookie sheet with shortening or cooking spray. Unroll dough on cookie sheet; starting at center, press dough into 15x10-inch rectangle. | |
| | Cut rectangle into 4 equal pieces to make 4 small pizzas. | |
| | Place 1/2 inch apart. Tuck corners of each rectangle under, and press to make even. | |
| | In bowl reserved from step 2, mix marinara sauce, the remaining 2 tablespoons harissa chili paste and the garlic. Blend until well combined. | |
| | Spread sauce on dough pieces. Top with 1 1/2 cups of the mozzarella cheese, followed by roasted veggies and olives. | |
| | Sprinkle with remaining 1/2 cup mozzarella cheese. | |
| | Bake 10 to 15 minutes or until crust is golden brown and cheese is melted and bubbly. Top with oregano and mint. | |

Nutrition Facts

Properties

Glycemic Index:36.75, Glycemic Load:2.34, Inflammation Score:-7, Nutrition Score:15.009999886803%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.08mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 497.58kcal (24.88%), Fat: 23.92g (36.8%), Saturated Fat: 9.3g (58.12%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 47.01g (17.09%), Sugar: 13.45g (14.94%), Cholesterol: 44.79mg (14.93%), Sodium: 1568.1mg (68.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 21.27g (42.55%), Calcium: 319.33mg (31.93%), Phosphorus: 266.95mg (26.7%), Fiber: 6.14g (24.55%), Manganese: 0.43mg (21.6%), Vitamin B12: 1.29µg (21.55%), Vitamin C: 16.66mg (20.2%), Iron: 3.43mg (19.07%), Potassium: 620.77mg (17.74%), Vitamin B2: 0.29mg (16.98%), Vitamin E: 2.53mg (16.88%), Vitamin A: 764.17IU (15.28%), Selenium: 10.67µg (15.24%), Zinc: 2.13mg (14.19%), Vitamin B6: 0.27mg (13.66%), Vitamin K: 13.19µg (12.57%), Folate: 46.54µg (11.64%), Magnesium: 45.65mg (11.41%), Copper: 0.21mg (10.3%), Vitamin B3: 1.7mg (8.48%), Vitamin B1: 0.11mg (7.25%), Vitamin B5: 0.65mg (6.5%), Vitamin D: 0.23µg (1.51%)