



## Moroccan Madness Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 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
- ☐ 0.5 teaspoon salt

- ☐ 8 oz mozzarella cheese shredded
- ☐ 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



 PROTEIN **16.59%**  FAT **41.97%**  CARBS **41.44%**

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 Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, 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: 0g (100%), Alcohol %: 0% (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%)