



Naan Pizzas with Broccoli Pesto and Arugula Salad

READY IN



45 min.

SERVINGS



4

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula packed
- ☐ 2 cups broccoli florets
- ☐ 2 cups curly-leaf parsley coarsely chopped
- ☐ 2 garlic clove minced
- ☐ 0.8 pound turkey sausage italian
- ☐ 8 kalamata olives pitted quartered
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.8 cup manchego cheese shaved with a vegetable peeler
- ☐ 12 oz naan breads
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion red
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.1 teaspoon pepper
- ☐ 4 servings basil pesto
- ☐ 0.3 cup roasted peppers diced red
- ☐ 4 servings the salad
- ☐ 0.3 cup walnut pieces
- ☐ 1 tablespoon balsamic vinegar white

Equipment

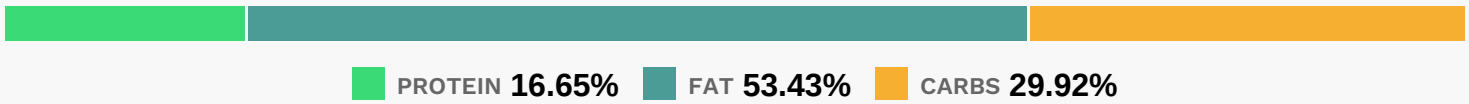
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Start pesto: Toast nuts on a baking sheet in oven 4 to 5 minutes. Steam or simmer broccoli until tender-crisp, about 4 minutes.
- ☐ Drain, cool in ice water, and pat dry.
- ☐ Pulse nuts, broccoli, parsley, garlic, and oil in a food processor until almost smooth.
- ☐ Add parmesan and salt; pulse to blend. Set aside.
- ☐ Combine onion, vinegar, salt, and pepper in a bowl; set aside.

- ☐ Make pizza: Put naan on baking sheet; bake until lightly toasted, about 5 minutes. Brown sausage in a large nonstick frying pan over medium-high heat, breaking into chunks, 8 to 10 minutes.
- ☐ Spread naan with pesto, then arrange sausage, peppers, olives, and a layer of manchego on top.
- ☐ Bake until cheese softens, 8 minutes.
- ☐ Add arugula and oil to vinegar mixture. Toss to coat; arrange over pizzas.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:32.4356522748%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg, Apigenin: 64.67mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 7.64mg, Kaempferol: 7.64mg, Kaempferol: 7.64mg Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg, Myricetin: 4.51mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 771.18kcal (38.56%), Fat: 46.06g (70.87%), Saturated Fat: 13.59g (84.91%), Carbohydrates: 58.06g (19.35%), Net Carbohydrates: 51.95g (18.89%), Sugar: 8.92g (9.91%), Cholesterol: 81.19mg (27.06%), Sodium: 2258.24mg (98.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.59%), Vitamin K: 555.36µg (528.91%), Vitamin C: 123.26mg (149.41%), Vitamin A: 4177.6IU (83.55%), Iron: 11.42mg (63.43%), Calcium: 488.16mg (48.82%), Manganese: 0.71mg (35.37%), Selenium: 23.32µg (33.31%), Phosphorus: 309.95mg (31%), Folate: 120.99µg (30.25%), Vitamin B6: 0.59mg (29.41%), Fiber: 6.11g (24.44%), Vitamin B3: 4.28mg (21.38%), Zinc: 3.1mg (20.65%), Potassium: 694.52mg (19.84%), Magnesium: 77.32mg (19.33%), Copper: 0.38mg (19.09%), Vitamin B2: 0.3mg (17.94%), Vitamin E: 2.32mg (15.44%), Vitamin B5: 1.27mg (12.66%), Vitamin B1: 0.19mg (12.4%), Vitamin B12: 0.45µg (7.5%)