

Nasturtium Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce yeast dried ()
- 0.3 cup the petals from dandelion flowers
- 4 ounces goat cheese
- 2.5 cups high-gluten flour
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup basil pesto
- 1.5 teaspoons salt
- 4 servings semolina

- 1 teaspoon sugar
- 1 cup water
- 4 servings frangelico
- 4 servings frangelico

Equipment

- bowl
- baking sheet
- oven
- blender
- plastic wrap
- kitchen towels

Directions

- Put warm water, sugar, and oil in the bowl of a mixer fitted with the dough hook.
- Add yeast and let it sit for 10 minutes, until mixture foams. In a medium bowl, stir to combine flours, salt, and nasturtium flowers.
- Sprinkle flour mixture into yeast mixture.
- Mix on low speed for 5 minutes, until dough is smooth and bouncy. Cover the bowl with a cotton kitchen towel and let stand for about 1 hour, or until dough has doubled in volume.
- Turn dough onto a surface dusted with flour and knead by pushing it away from your body with the heel of your hand, folding it over, and repeating about 12 times. Divide dough into two balls. At this point, dough can be baked or stored for up to 2 days in the refrigerator on a baking sheet covered with plastic wrap.
- Preheat oven to 450°F. Rub two baking sheets with olive oil and dust with semolina flour. Stretch out each dough ball by tapping and pressing outward from the center with your fingertips.
- Transfer to prepared baking sheets. Cover with toppings of your choice.
- Bake pizzas for 20 to 25 minutes, rotating sheets halfway through baking so the dough browns evenly. Slice, serve, and enjoy.

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Nutrition Facts

PROTEIN 13.3% FAT 41.94% CARBS 44.76%

Properties

Glycemic Index:31.02, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:9.4569566227982%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 545.91kcal (27.3%), Fat: 24.39g (37.52%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 54.09g (19.67%), Sugar: 1.91g (2.12%), Cholesterol: 14.69mg (4.9%), Sodium: 1173.71mg (51.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.4g (34.8%), Iron: 12.83mg (71.26%), Fiber: 4.47g (17.87%), Vitamin B1: 0.22mg (14.86%), Vitamin A: 709.49IU (14.19%), Folate: 46.69µg (11.67%), Copper: 0.23mg (11.37%), Vitamin B2: 0.18mg (10.85%), Vitamin E: 1.57mg (10.44%), Phosphorus: 99.67mg (9.97%), Calcium: 76.09mg (7.61%), Vitamin K: 6.84µg (6.51%), Vitamin B6: 0.1mg (4.92%), Vitamin B3: 0.89mg (4.47%), Vitamin B5: 0.44mg (4.38%), Magnesium: 16.18mg (4.04%), Potassium: 135.54mg (3.87%), Zinc: 0.42mg (2.8%), Selenium: 1.84µg (2.62%), Manganese: 0.04mg (2.12%)