



Nettle Pizza

READY IN



60 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz baby spinach leaves packed
- 2 large garlic cloves thinly sliced
- 3 tablespoons olive oil divided
- 0.5 teaspoon pepper
- 1 pound pizza dough (such as Trader Joe's)
- 0.3 tsp chile flakes red
- 1.5 cups mozzarella cheese shredded

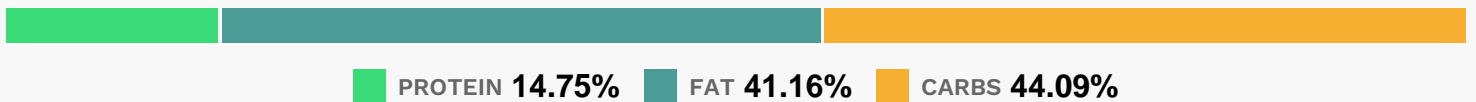
Equipment

- frying pan
- baking sheet
- oven
- colander

Directions

- Preheat oven to 450 with rack on bottom. Wearing long gloves, rinse nettles well.
- Drain.
- Sizzle garlic a few seconds in 1 tbsp. oil in a large frying pan over medium-high heat.
- Add nettles and saut until wilted, 2 to 5 minutes.
- Remove from heat. If nettles are wet, drain in a colander, pat dry, and return to pan. Gently mix nettles with 1 tbsp. more oil, the pepper, and chile flakes.
- Roll dough on a floured board into a 9- by 14-in. rectangle. Ease dough onto an oiled baking sheet, fixing the shape if necessary. Using fingers, roll edges of dough over to make a 1/2-in. rim.
- Scatter cheese, then nettles, over dough.
- Bake until crust is crisp, 15 minutes.
- Drizzle with remaining 1 tbsp. oil and cut into squares. Season with salt if you like.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:15.773913059546%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 507.51kcal (25.38%), Fat: 23.55g (36.23%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 56.76g (18.92%), Net Carbohydrates: 54.3g (19.74%), Sugar: 7.61g (8.45%), Cholesterol: 33.18mg (11.06%), Sodium: 1108.17mg (48.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Vitamin K: 144.78µg (137.89%), Vitamin A: 2980.82IU (59.62%), Calcium: 244.51mg (24.45%), Iron: 4.14mg (23.03%), Phosphorus: 165.64mg (16.56%), Manganese: 0.33mg (16.3%), Vitamin B12: 0.96µg (15.96%), Vitamin E: 2.22mg (14.79%), Folate: 58.06µg (14.52%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.18mg (10.34%), Vitamin C: 8.44mg (10.22%), Fiber: 2.46g (9.85%), Zinc: 1.4mg (9.35%), Magnesium: 31.78mg (7.95%), Potassium: 201.99mg (5.77%), Vitamin B6: 0.09mg (4.64%), Vitamin B1: 0.04mg (2.55%), Copper: 0.05mg (2.53%), Vitamin B3: 0.28mg (1.38%), Vitamin D: 0.17µg (1.12%)