



Nicoise Salad Pizzette

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 fillet anchovy drained in oil
- ☐ 1 tablespoon capers rinsed drained
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 clove garlic peeled coarsely chopped
- ☐ 1 cup kalamata olives pitted rinsed drained
- ☐ 2 tablespoons juice of lemon fresh from
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 6 servings olive oil for drizzling
- ☐ 1 pound pizza dough halved
- ☐ 6 string beans cut into four 1-inch pieces see cook's note
- ☐ 1 large tomatoes sliced into eight 1/4-inch-thick slices
- ☐ 5 ounce tuna in olive oil such as flott canned

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Special equipment: Special equipment: a 4-inch round cookie cutter
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Dust a baking sheet with cornmeal. Set aside.
- ☐ Place the olives, lemon juice, oil, capers, rosemary, thyme, anchovies and garlic in a food processor. Blend until smooth.
- ☐ On a lightly floured work surface, roll out the pizza dough into two 10-inch diameter circles, each about 1/4-inch thick. Using a 4-inch round cookie cutter, cut out 4 circles of dough from each and transfer to the prepared baking sheet. Using the tines of a fork, prick the dough all over.
- ☐ Spread about 1 tablespoon of the tapenade over each dough circle (any extra can be used to top fish or chicken, or mixed through pasta or used as a spread for sandwiches) and place a slice of tomato on top.
- ☐ Drizzle with olive oil and bake until the dough is crisp and golden, 15 to 20 minutes.
- ☐ Place the tuna and the olive oil from the tuna can in a small bowl. Using a fork, lightly mash the tuna. Divide the tuna and spoon on top of the cooked dough. Arrange 3 pieces of green bean on top of the tuna and serve.

Nutrition Facts



 **PROTEIN 12.15%**  **FAT 52.96%**  **CARBS 34.89%**

Properties

Glycemic Index:26.5, Glycemic Load:0.52, Inflammation Score:-8, Nutrition Score:9.0647826661234%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 443.07kcal (22.15%), Fat: 26.59g (40.91%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 36.75g (13.36%), Sugar: 5.92g (6.58%), Cholesterol: 5.05mg (1.68%), Sodium: 1036.71mg (45.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.45%), Selenium: 18.77µg (26.81%), Vitamin E: 3.96mg (26.43%), Vitamin K: 27.05µg (25.76%), Vitamin B3: 3.43mg (17.16%), Iron: 3.03mg (16.82%), Vitamin C: 8.92mg (10.81%), Fiber: 2.67g (10.67%), Vitamin D: 1.58µg (10.55%), Vitamin A: 465.27IU (9.31%), Phosphorus: 88.82mg (8.88%), Vitamin B12: 0.53µg (8.8%), Potassium: 164.16mg (4.69%), Magnesium: 18.09mg (4.52%), Manganese: 0.08mg (4.21%), Copper: 0.08mg (4.15%), Vitamin B6: 0.08mg (4.04%), Vitamin B2: 0.05mg (3.18%), Calcium: 29.51mg (2.95%), Folate: 10.55µg (2.64%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.16mg (1.58%)