



No-cook goat's cheese pizza

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

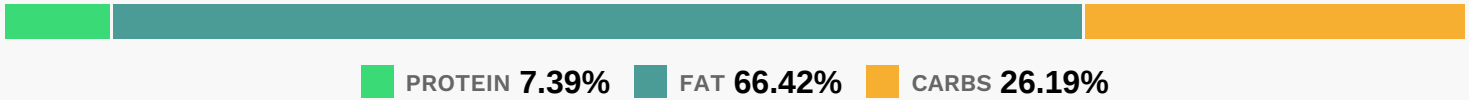
- ☐ 1 long ciabatta
- ☐ 200 g marinated grilled and peppers in olive oil red yellow
- ☐ 3 tbsp pesto
- ☐ 85 g watercress
- ☐ 100 g goat's cheese soft
- ☐ 1 handful olives black

Equipment

Directions

- ☐ Slice bread in half so you have two round or long bases.
- ☐ Drain the peppers, reserving the oil.
- ☐ Spread 1 tbsp of the pesto over the cut side of each base.
- ☐ Scatter over the peppers and watercress and crumble over the goats cheese.
- ☐ Mix the remaining tablespoon of pesto with a tablespoon of oil from the peppers and drizzle it over the pizzas. Scatter the olives over.
- ☐ Cut each pizza into wedges or slices and serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:10.208695844464%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 4.89mg, Kaempferol: 4.89mg, Kaempferol: 4.89mg, Kaempferol: 4.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 818.75kcal (40.94%), Fat: 61.01g (93.86%), Saturated Fat: 11.82g (73.88%), Carbohydrates: 54.13g (18.04%), Net Carbohydrates: 52.44g (19.07%), Sugar: 0.65g (0.72%), Cholesterol: 12.4mg (4.13%), Sodium: 836.15mg (36.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.27g (30.55%), Vitamin K: 83.75µg (79.76%), Vitamin E: 7.65mg (50.99%), Vitamin A: 1182.79IU (23.66%), Vitamin C: 9.14mg (11.08%), Copper: 0.21mg (10.27%), Calcium: 81.71mg (8.17%), Phosphorus: 76.95mg (7.69%), Vitamin B2: 0.12mg (7.11%), Fiber: 1.69g (6.76%), Iron: 0.89mg (4.93%), Vitamin B6: 0.09mg (4.57%), Manganese: 0.08mg (3.84%), Vitamin B1: 0.04mg (2.51%), Vitamin B5: 0.24mg (2.37%), Potassium: 79.22mg (2.26%), Magnesium: 9.01mg (2.25%), Zinc: 0.26mg (1.7%), Selenium: 0.94µg (1.34%), Folate: 5.06µg (1.27%)