



Pizza alla Ferrovia

READY IN



45 min.

SERVINGS



4

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 recipe bread dough
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 pound mozzarella cheese fresh thinly sliced
- ☐ 4 tablespoons thyme leaves dried fresh or 2 tablespoons
- ☐ 4 cloves garlic thinly sliced
- ☐ 1 cup gaeta olives pitted
- ☐ 1 onion spanish cut into 1/4-inch dice
- ☐ 0.5 sheet pan
- ☐ 2 tablespoons pepper flakes red crushed

- ☐ 4 servings salt to taste
- ☐ 2 ounce tomatoes mixed with their juices crushed well canned
- ☐ 6 ounces tuna italian crumbled drained canned
- ☐ 3 ounces virgin olive oil

Equipment

- ☐ frying pan
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 424 degrees F.
- ☐ Dust a clean work surface lightly with flour.
- ☐ Place entire dough on surface, spread it out, and flatten with fingers or rolling pin until you form a large rectangle (about 12 inches by 15 inches, and 1/4 inch to 3/8 inch thick). Dust sheet pan with flour and place dough on pan, stretching it to reach all sides. Using a kitchen spoon, smooth a thin layer of tomato sauce over pizza dough all the way to the edges.
- ☐ Sprinkle with olives.
- ☐ Place mozzarella and crumbled tuna over entire rectangle.
- ☐ Sprinkle with hot pepper and bake 20 minutes, or until golden brown on bottom and cheese is melted.
- ☐ Remove and serve immediately.
- ☐ Saute the onion and garlic in the olive oil over medium heat until translucent, but not brown (about 10 minutes).
- ☐ Add the thyme and carrot and cook 5 minutes more.
- ☐ Add the tomatoes. Bring to a boil, lower the heat to just bubbling, stirring occasionally for 30 minutes. Season with salt to taste.
- ☐ Serve immediately, or set aside for further use. The sauce may be refrigerated for up to one week or frozen for up to 6 months.

Nutrition Facts



 PROTEIN **15.18%**  FAT **51%**  CARBS **33.82%**

Properties

Glycemic Index:42.21, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:25.993043287941%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 777.89kcal (38.89%), Fat: 43.81g (67.4%), Saturated Fat: 11.42g (71.35%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 58.16g (21.15%), Sugar: 3.3g (3.67%), Cholesterol: 60.22mg (20.07%), Sodium: 1793.93mg (78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.69%), Vitamin K: 89.39µg (85.13%), Vitamin A: 3183.34IU (63.67%), Selenium: 40.49µg (57.85%), Vitamin E: 6.66mg (44.38%), Calcium: 419.77mg (41.98%), Iron: 7.2mg (39.99%), Vitamin B12: 2.39µg (39.78%), Phosphorus: 300.62mg (30.06%), Fiber: 7.19g (28.77%), Vitamin B3: 5.33mg (26.67%), Manganese: 0.53mg (26.54%), Vitamin B6: 0.38mg (18.8%), Zinc: 2.51mg (16.74%), Vitamin B2: 0.27mg (16.12%), Magnesium: 46.89mg (11.72%), Potassium: 361.66mg (10.33%), Copper: 0.19mg (9.54%), Vitamin C: 6.75mg (8.19%), Folate: 27.37µg (6.84%), Vitamin B1: 0.1mg (6.83%), Vitamin D: 0.74µg (4.92%), Vitamin B5: 0.3mg (2.99%)