

Pizza Arrabbiata

READY IN



30 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings asparagus with lemon and pecorino
- ☐ 14.5 ounce canned tomatoes unsalted diced drained canned
- ☐ 1 tablespoon cornmeal
- ☐ 0.5 teaspoon crushed red pepper red crushed
- ☐ 4 garlic cloves thinly sliced
- ☐ 4 servings grapefruit
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.7 cup onion chopped
- ☐ 2 teaspoons oregano fresh chopped

- ☐ 2 ounces pancetta
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 12 ounces refrigerated pizza dough fresh refrigerated
- ☐ 0.1 teaspoon salt

Equipment

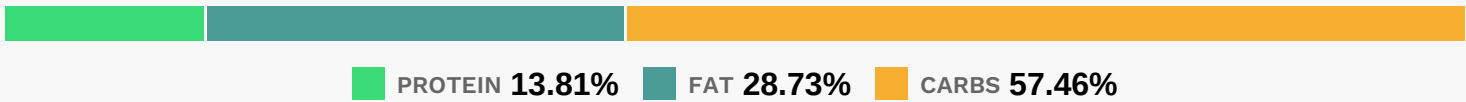
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ microwave
- ☐ pizza stone

Directions

- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Place pizza dough in a medium microwave-safe bowl coated with cooking spray. Cover and microwave at MEDIUM (50% power) 45 seconds.
- ☐ Let stand 5 minutes.
- ☐ Heat a large skillet over medium heat.
- ☐ Add pancetta; cook 4 minutes, stirring frequently.
- ☐ Remove pancetta from pan; discard drippings.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, pepper, and garlic; cook 4 minutes, stirring occasionally.
- ☐ Place tomatoes in a mini chopper; pulse 4 times or until almost smooth.
- ☐ Add tomatoes, chopped oregano, and salt to pan; bring to a simmer. Cook 1 minute.
- ☐ Roll dough into a 14-inch circle on a floured surface. Carefully remove pizza stone from oven.
- ☐ Sprinkle stone with cornmeal; arrange dough on stone.

- ☐
- Spread tomato mixture over dough, leaving a 1/2-inch border; sprinkle with cheese and pancetta.
- ☐
- Bake at 500 for 10 minutes or until crust is browned.
- ☐
- Garnish with oregano leaves, if desired.
- ☐
- Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:7.54, Inflammation Score:0, Nutrition Score:17.90608703831%

Flavonoids

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 478.47kcal (23.92%), Fat: 15.88g (24.43%), Saturated Fat: 5.28g (33.01%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 64.48g (23.45%), Sugar: 21.92g (24.36%), Cholesterol: 22.8mg (7.6%), Sodium: 1053.17mg (45.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.36%), Vitamin C: 60.49mg (73.32%), Vitamin A: 2197.7IU (43.95%), Fiber: 6.98g (27.91%), Calcium: 262.58mg (26.26%), Iron: 4.49mg (24.97%), Phosphorus: 198.95mg (19.89%), Vitamin B6: 0.39mg (19.44%), Manganese: 0.38mg (19.11%), Potassium: 633.27mg (18.09%), Vitamin E: 2.39mg (15.9%), Vitamin B1: 0.22mg (14.39%), Vitamin K: 14.95µg (14.24%), Copper: 0.28mg (14.24%), Magnesium: 50.25mg (12.56%), Vitamin B3: 2.36mg (11.8%), Vitamin B2: 0.2mg (11.66%), Folate: 44.24µg (11.06%), Selenium: 7.47µg (10.67%), Zinc: 1.33mg (8.89%), Vitamin B5: 0.86mg (8.64%), Vitamin B12: 0.24µg (4.05%)