

food
network



HEALTH SCORE

55%

Pizza By the Yard

READY IN

**50 min.**

SERVINGS

**1**

CALORIES

**3794 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili paste depending on your taste pref
- ☐ 1.5 teaspoons thyme leaves fresh minced
- ☐ 0.3 pound gorgonzola ripe crumbled
- ☐ 0.5 pound mozzarella cheese sliced
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon oregano chopped
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 cup pecorino cheese grated
- ☐ 24 ounces pre-purchased pizza dough

- ☐ 0.5 cup calabrese salami diced
- ☐ 2 large onions yellow thinly sliced

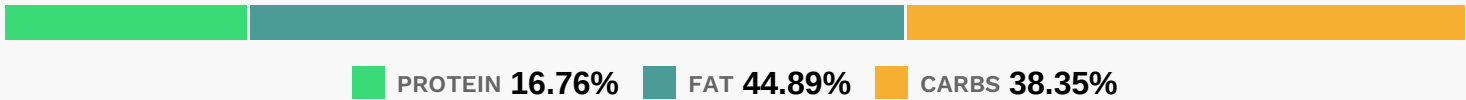
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ stove
- ☐ cutting board
- ☐ pizza stone

Directions

- ☐ Preheat oven to 475 degrees F.
- ☐ Lay 2 pizza stones or flat baking sheets side by side in oven.
- ☐ Heat a dry saute pan on the stove over medium-high heat. When the pan is hot, tilt the pan and add the extra-virgin olive oil.
- ☐ Add the onions, salt, and a twist of pepper. Lower the heat to medium and saute, stirring occasionally, for 15 to 20 minutes, or until the onions are caramelized.
- ☐ Roll out dough on a long peel or 2 cutting boards to 1/4-inch thick. Use a bit of flour on the board to keep dough from sticking.
- ☐ Top half of the pizza with caramelized onions, Gorgonzola cheese, thyme, and grated Parmesan. Top the other half of the pizza with the tomato sauce, the Calabrese salami, the mozzarella slices and sprinkle with the grated Pecorino and chopped oregano.
- ☐ Bake until super crispy and cheese is bubbling.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:9.17, Inflammation Score:-10, Nutrition Score:57.664347938869%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg, Isorhamnetin: 15.03mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 60.9mg, Quercetin: 60.9mg, Quercetin: 60.9mg, Quercetin: 60.9mg

Nutrients (% of daily need)

Calories: 3794.08kcal (189.7%), Fat: 191.14g (294.06%), Saturated Fat: 79.04g (494.01%), Carbohydrates: 367.34g (122.45%), Net Carbohydrates: 349.48g (127.08%), Sugar: 58.51g (65.01%), Cholesterol: 351.85mg (117.28%), Sodium: 9637.55mg (419.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 160.53g (321.06%), Calcium: 2475.2mg (247.52%), Phosphorus: 1832.82mg (183.28%), Vitamin B12: 8.72µg (145.27%), Iron: 24.16mg (134.21%), Selenium: 80.34µg (114.77%), Zinc: 14.05mg (93.63%), Vitamin B2: 1.56mg (91.73%), Fiber: 17.86g (71.43%), Vitamin K: 73.72µg (70.21%), Vitamin E: 9.58mg (63.86%), Vitamin A: 2933.44IU (58.67%), Vitamin B1: 0.79mg (52.99%), Vitamin B6: 1.05mg (52.58%), Manganese: 0.82mg (40.79%), Magnesium: 153.57mg (38.39%), Potassium: 1245.17mg (35.58%), Vitamin B5: 3.53mg (35.26%), Vitamin C: 27.32mg (33.11%), Folate: 131.65µg (32.91%), Vitamin B3: 5.3mg (26.49%), Copper: 0.34mg (17.16%), Vitamin D: 1.72µg (11.49%)