



Pizza Rustica with Wild Nettles

READY IN



45 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach wild
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces fontina shredded
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 1 head garlic
- ☐ 1 tablespoon olive oil
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 tablespoons pecorino romano cheese grated
- ☐ 4 servings pizza dough

- ☐ 2 ounces provolone cheese shredded
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 servings semolina flour
- ☐ 2 ounces mozzarella cheese shredded

Equipment

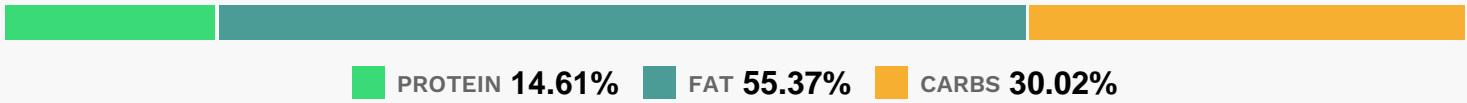
- ☐ bowl
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ pizza stone

Directions

- ☐ Peel outer skins from garlic bulb, leaving cloves attached.
- ☐ Cut off top quarter of bulb.
- ☐ Place bulb, cut-side up, on a piece of aluminum foil.
- ☐ Drizzle with 1 tablespoon oil, and seal foil tightly over garlic.
- ☐ Bake at 425 for 45 minutes or until soft.
- ☐ Remove from oven; cool. Scoop out garlic pulp, mash, and stir until smooth.
- ☐ Preheat oven to 450 with a pizza stone on the bottom rack.
- ☐ Blanch nettle leaves in salted boiling water 1 minute, drain, and plunge into ice water.
- ☐ Remove nettle leaves from water, wringing out excess, and set aside. (If using spinach, place in a microwave-safe bowl, and heat at high 3 minutes. Set aside.)
- ☐ Sprinkle surface with semolina flour, and roll Pizza Dough into a 12-inch circle.
- ☐ Spread dough with mashed garlic (garlic won't cover entire surface); sprinkle with crushed red pepper and black pepper.
- ☐ Sprinkle with Pecorino Romano and thyme.
- ☐ Roughly chop nettles, and spread over thyme.

Sprinkle mozzarella, provolone, and fontina evenly on pizza. Carefully slide pizza onto the preheated stone; bake 6 to 8 minutes or until edges are lightly browned and crispy. Slice, and drizzle with extra-virgin olive oil to taste.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:20.759130560833%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 505.86kcal (25.29%), Fat: 31.48g (48.43%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 30.89g (11.23%), Sugar: 4.3g (4.78%), Cholesterol: 40.02mg (13.34%), Sodium: 754.78mg (32.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.39%), Vitamin K: 455.81µg (434.1%), Calcium: 732.46mg (73.25%), Vitamin A: 2271.66IU (45.43%), Manganese: 0.87mg (43.64%), Fiber: 7.5g (30.01%), Phosphorus: 266.22mg (26.62%), Iron: 3.79mg (21.03%), Vitamin E: 2.68mg (17.87%), Vitamin B2: 0.29mg (17.01%), Magnesium: 65.96mg (16.49%), Vitamin B12: 0.8µg (13.27%), Selenium: 9.07µg (12.96%), Zinc: 1.87mg (12.43%), Potassium: 383.68mg (10.96%), Vitamin B6: 0.22mg (10.9%), Vitamin C: 4.99mg (6.04%), Copper: 0.11mg (5.63%), Folate: 18.78µg (4.69%), Vitamin B3: 0.56mg (2.81%), Vitamin B1: 0.04mg (2.76%), Vitamin B5: 0.22mg (2.16%), Vitamin D: 0.23µg (1.5%)