



Pizza with Eggs, Roasted Red Peppers, Olives and Arugula

READY IN



45 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon yeast dry
- ☐ 1.3 cups flour
- ☐ 2 cups arugula packed (lightly)
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings cornmeal (for sprinkling)
- ☐ 4 large eggs
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 0.3 cup kalamata olives pitted quartered

- ☐ 4 servings olive oil
- ☐ 4 large onion red (each)
- ☐ 1 cup parmesan
- ☐ 0.8 cup roasted peppers red drained cut into 1/3-inch strips
- ☐ 0.5 cup water (65°F to 70°F)
- ☐ 2 tablespoons water (115°F)
- ☐ 0.3 cup flour whole wheat

Equipment

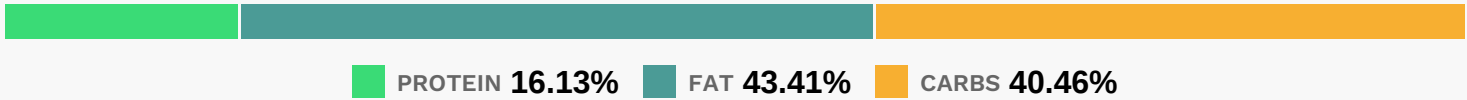
- ☐ bowl
- ☐ oven
- ☐ stand mixer
- ☐ pizza stone

Directions

- ☐ Pour 2 tablespoons warm water into large bowl of stand mixer fitted with dough hook; sprinkle yeast over.
- ☐ Let stand until yeast dissolves, about 15 minutes (mixture will not be foamy).
- ☐ Add both flours, 1/2 cup cool water, and 1 teaspoon coarse salt; mix on medium-low speed 4 minutes.
- ☐ Let rest 5 minutes, then mix on medium speed until dough is smooth, elastic, and slightly sticky, about 3 minutes.
- ☐ Lightly oil medium bowl. Gather dough into ball and transfer to prepared bowl; turn to coat with oil. Cover bowl with plastic wrap and let rest at room temperature 30 minutes. Chill dough overnight. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- ☐ Transfer bowl to warm draft-free area and let dough rise, covered, until very slightly puffy, at least 2 hours.
- ☐ Place pizza stone or rimless baking sheet in oven; preheat to 500°F.
- ☐ Sprinkle pizza paddle or another baking sheet generously with cornmeal.
- ☐ Roll out dough on lightly floured surface to 12-inch round; transfer to paddle.

- ☐ Brush doughwith oil; scatter peppers, then olives over.
- ☐ Sprinkle with Parmesan and rosemary.Arrange onion rings atop pizza, spacingapart. Slide pizza onto stone or baking sheetin oven; bake until lightly browned but notcrisp, about 7 minutes.
- ☐ Remove pizza fromoven and gently crack 1 egg into each onionring. Return pizza to oven and continueto bake until eggs are softly set and crustis golden, about 6 minutes.
- ☐ Sprinkle pizzawith salt and pepper. Scatter arugula over.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:29.9, Inflammation Score:-8, Nutrition Score:24.854347850965%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg, Isorhamnetin: 5.94mg Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg, Kaempferol: 4.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.12mg, Quercetin: 23.12mg, Quercetin: 23.12mg, Quercetin: 23.12mg

Nutrients (% of daily need)

Calories: 586.18kcal (29.31%), Fat: 28.47g (43.79%), Saturated Fat: 8.11g (50.7%), Carbohydrates: 59.71g (19.9%), Net Carbohydrates: 53.75g (19.55%), Sugar: 5.62g (6.25%), Cholesterol: 203mg (67.67%), Sodium: 1598.61mg (69.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.8g (47.6%), Selenium: 42.67µg (60.96%), Manganese: 0.99mg (49.65%), Phosphorus: 421mg (42.1%), Calcium: 394.01mg (39.4%), Folate: 153.58µg (38.39%), Vitamin B1: 0.54mg (36.25%), Vitamin B2: 0.61mg (35.63%), Vitamin C: 21.86mg (26.49%), Iron: 4.41mg (24.49%), Fiber: 5.96g (23.84%), Vitamin E: 3.22mg (21.48%), Vitamin B6: 0.42mg (21.06%), Vitamin K: 20.84µg (19.84%), Vitamin B3: 3.79mg (18.97%), Magnesium: 71.02mg (17.76%), Vitamin A: 887.46IU (17.75%), Zinc: 2.52mg (16.78%), Vitamin B5: 1.43mg (14.26%), Copper: 0.28mg (13.78%), Potassium: 449.86mg (12.85%), Vitamin B12: 0.75µg (12.42%), Vitamin D: 1.13µg (7.5%)