



Pizza With Figs, Mozzarella, and Goat's Milk Feta

 Vegetarian  Gluten Free

READY IN



180 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 figs ripe cut into quarters
- ☐ 24 basil fresh
- ☐ 12 ounces mozzarella fresh drained
- ☐ 8 ounces yogurt
- ☐ 0.3 cup honey
- ☐ 4 servings kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin

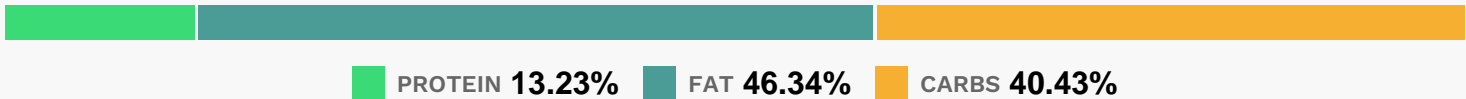
Equipment

- ☐ oven
- ☐ grill
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Divide dough into four even parts and place each in a covered quart-sized deli container or in a zipper-lock freezer bag. Allow to rest at room temperature for at least 2 hours before baking.
- ☐ Adjust oven rack to 6 inches under broiler and place stone or steel on rack. Preheat oven to highest possible temperature (500 or 550°F) for at least 45 minutes. Alternatively, use Kettle Pizza and Baking Steel grill insert.
- ☐ When ready to bake, turn single dough ball out onto lightly flour surface. Gently press out dough into rough 8-inch circle, leaving outer 1-inch higher than the rest. Gently stretch dough into a 10 to 12-inch circle about 1/4-inch thick by draping over knuckles and gently stretching.
- ☐ Transfer to floured wooden pizza peel.
- ☐ Preheat broiler to high.
- ☐ Spread 1/4 of mozzarella over pizza, followed by 1/4 of figs and 1/4 of goat's milk feta.
- ☐ Sprinkle lightly with salt, add 6 basil leaves, and drizzle with 1 tablespoon extra-virgin olive oil.
- ☐ Transfer pizza to hot stone or steel and broil until edges are puffed and lightly charred and bottom is crisp, rotating regularly for even cooking, 3 to 6 minutes total. Retrieve pizza with a metal peel and transfer to a cutting board. Allow to rest 1 minute. Meanwhile, switch oven back to 550°F to reheat stone for remaining pizzas.
- ☐ Drizzle hot pizza with 1 tablespoon honey. Slice and serve immediately.
- ☐ Repeat steps 4 through 6 for remaining pizzas.

Nutrition Facts



Properties

Glycemic Index:52.57, Glycemic Load:34.48, Inflammation Score:-7, Nutrition Score:19.607826004858%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg, Catechin: 3.97mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg, Quercetin: 13.68mg

Nutrients (% of daily need)

Calories: 663.57kcal (33.18%), Fat: 35.62g (54.8%), Saturated Fat: 14.71g (91.96%), Carbohydrates: 69.91g (23.3%), Net Carbohydrates: 62.58g (22.76%), Sugar: 61.55g (68.39%), Cholesterol: 73.43mg (24.48%), Sodium: 759.11mg (33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Calcium: 598.75mg (59.87%), Phosphorus: 401.2mg (40.12%), Vitamin B12: 1.98µg (32.98%), Vitamin K: 31.96µg (30.44%), Fiber: 7.33g (29.32%), Vitamin B2: 0.45mg (26.69%), Vitamin A: 1168.79IU (23.38%), Selenium: 15.93µg (22.76%), Potassium: 778.58mg (22.25%), Zinc: 3.1mg (20.63%), Manganese: 0.4mg (20.04%), Vitamin B6: 0.35mg (17.44%), Magnesium: 69.41mg (17.35%), Vitamin E: 2.44mg (16.26%), Vitamin B1: 0.2mg (13.57%), Copper: 0.23mg (11.37%), Vitamin B5: 1.07mg (10.65%), Iron: 1.57mg (8.72%), Vitamin C: 6.28mg (7.61%), Vitamin D: 1.08µg (7.18%), Vitamin B3: 1.29mg (6.46%), Folate: 23.58µg (5.89%)