



WHATSheATE



## Pizza with Marinated Tomatoes and Capicola

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 28 ounce canned tomatoes dry italian peeled seeded quartered canned
- ☐ 2 ounces capicola thinly sliced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon garlic minced
- ☐ 5 ounces mild goat cheese
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon oregano dried crumbled
- ☐ 1 pound pizza dough at room temperature

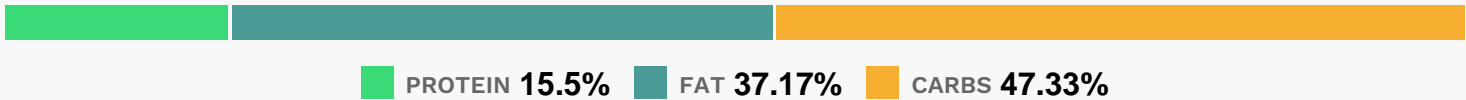
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

# Directions

- ☐ Preheat the oven to 50
- ☐ Preheat a pizza stone or generously oil a large baking sheet. In a small bowl, combine the tomatoes with 2 tablespoons of the olive oil and the garlic, oregano and crushed red pepper.
- ☐ Let stand for 15 minutes.
- ☐ On a lightly floured surface, roll or stretch the dough to a rough 14-inch round.
- ☐ Transfer the dough to a floured pizza peel or rimless cookie sheet, or to the oiled baking sheet.
- ☐ Arrange the tomatoes on the pizza in slightly overlapping concentric circles, leaving a 1-inch border of dough.
- ☐ Brush the border with the remaining 1 teaspoon of olive oil. Crumble the goat cheese over the tomatoes, spoon any remaining marinade on top and arrange the capicola in concentric circles over all.
- ☐ Slide the pizza onto the hot stone, if using, and bake for about 10 minutes on the stone or 16 minutes on the baking sheet, until the crust is golden and the capicola is sizzling.
- ☐ Transfer the pizza to a rack and let cool slightly before serving.
- ☐ Wine Recommendation: The tomatoes and ham on this pizza call for a straightforward California red, such as the 1997 Preston Faux or the 1997 Qup Syrah.

# Nutrition Facts



# Properties

Glycemic Index:8.75, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:10.918695706388%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 510.66kcal (25.53%), Fat: 21.82g (33.57%), Saturated Fat: 8.31g (51.93%), Carbohydrates: 62.51g (20.84%), Net Carbohydrates: 58.66g (21.33%), Sugar: 12.1g (13.44%), Cholesterol: 28.92mg (9.64%), Sodium: 1535.1mg (66.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.95%), Iron: 6mg (33.31%), Vitamin C: 18.7mg (22.66%), Copper: 0.4mg (20.07%), Vitamin E: 2.52mg (16.77%), Vitamin B6: 0.32mg (16.17%), Fiber: 3.85g (15.4%), Vitamin B2: 0.25mg (14.54%), Phosphorus: 130.32mg (13.03%), Vitamin A: 639.63IU (12.79%), Vitamin K: 12.31µg (11.72%), Calcium: 116.96mg (11.7%), Potassium: 390.96mg (11.17%), Manganese: 0.22mg (10.77%), Vitamin B3: 1.6mg (7.98%), Vitamin B1: 0.12mg (7.76%), Magnesium: 28.55mg (7.14%), Folate: 20.78µg (5.19%), Vitamin B5: 0.48mg (4.83%), Zinc: 0.62mg (4.16%), Selenium: 1.33µg (1.91%), Vitamin B12: 0.07µg (1.12%)