



 **29%**
HEALTH SCORE

Plantain Pizza

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef chopped
- 1 bell pepper (Blended)
- 1 bell pepper (Blended)
- 1 handful bell pepper chopped
- 1 handful bell pepper chopped
- 2 cups bread flour
- 3 servings ice cubes
- 1 tablespoon cooking oil

- 1 teaspoon cooking oil
- 1 handful onion chopped
- 1 over-ripe plantain mashed ()
- 1 teaspoon salt
- 0.5 teaspoon sugar
- 1 tomatoes
- 0.8 cup water
- 1.5 teaspoons yeast

Equipment

- bowl
- frying pan
- oven
- blender
- plastic wrap
- aluminum foil
- rolling pin

Directions

- Dissolve the yeast in warm water and leave to stand for about 5 minutes.
- Mix the oil, flour, salt, sugar and mashed plantain and pour in the dissolved yeast. Knead the dough till its elastic which may take about 15–20 minutes By hand or 10 minutes in a mixer. Coat a Bowl lightly with oil and place the dough in it. Cover with a plastic wrap and leave to rise between 1.5 – 2 hours. While the dough is rising, heat up the oil for the sauce, fry the Blended tomato and pepper, season and stir fry the Beef in the tomato sauce. Set aside. When the dough rises, divide into two.
- Sprinkle some flour on a flat surface and with a rolling pin, flatten out the dough but not excessively.
- Cut the dough into your desired shape, rub some oil on it and spread your sauce and toppings on it and set aside.

- Heat up your oven to 350 F and place your pizza dough on a lightly oiled foil pan and
- Bake for 12–15 mins.
- Serve warm

Nutrition Facts



Properties

Glycemic Index:110.03, Glycemic Load:41.05, Inflammation Score:-9, Nutrition Score:29.099130434783%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Taste

Sweetness: 59.76%, Saltiness: 100%, Sourness: 46.51%, Bitterness: 33.21%, Savoriness: 53.33%, Fattiness: 59.59%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 653.1kcal (32.66%), Fat: 23.04g (35.44%), Saturated Fat: 6.47g (40.46%), Carbohydrates: 87.23g (29.08%), Net Carbohydrates: 81.62g (29.68%), Sugar: 15.82g (17.58%), Cholesterol: 53.25mg (17.75%), Sodium: 841.28mg (36.58%), Protein: 25.42g (50.84%), Vitamin C: 119.03mg (144.27%), Vitamin A: 3522.24IU (70.44%), Selenium: 45.44µg (64.91%), Manganese: 0.9mg (44.85%), Vitamin B6: 0.71mg (35.34%), Folate: 125.29µg (31.32%), Vitamin B3: 6.06mg (30.28%), Zinc: 4.36mg (29.09%), Vitamin K: 30.23µg (28.79%), Vitamin B12: 1.61µg (26.77%), Phosphorus: 259.07mg (25.91%), Potassium: 857.9mg (24.51%), Vitamin B1: 0.37mg (24.37%), Fiber: 5.61g (22.44%), Vitamin E: 3.18mg (21.18%), Vitamin B2: 0.34mg (20.27%), Magnesium: 71.22mg (17.8%), Iron: 3.03mg (16.83%), Copper: 0.31mg (15.27%), Vitamin B5: 1.42mg (14.21%), Calcium: 41.97mg (4.2%)