



Polenta Provençal Pizza

READY IN



45 min.

SERVINGS



18

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup artichoke hearts canned drained chopped
- ☐ 1.5 cups firmly basil leaves fresh packed
- ☐ 1.3 cups chicken breast cubed cooked (skinned before cooking and without salt)
- ☐ 1 cup flour all-purpose
- ☐ 2 cloves garlic cut in half
- ☐ 1.3 cups cornmeal stone ground
- ☐ 2 tablespoons no-salt-added chicken broth undiluted canned
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese freshly grated

- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 1 cup bell pepper diced sweet red
- ☐ 0.5 cup ricotta cheese light
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup warm water

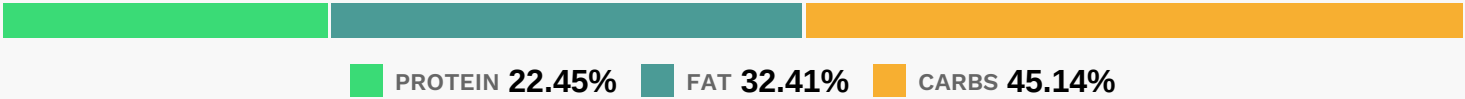
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Combine cornmeal, flour, and salt in a medium bowl; stir well.
- ☐ Combine water and olive oil; stir with a wire whisk until blended.
- ☐ Add oil mixture to cornmeal mixture, stirring just until dry ingredients are moistened.
- ☐ Press mixture into bottom and 1/2 inch up sides of a 13- x 9- x 2-inch pan coated with cooking spray.
- ☐ Bake at 425 for 5 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ Position knife blade in food processor bowl; add basil and next 4 ingredients. Process 1 minute or until smooth, scraping sides of processor bowl once.
- ☐ Spread basil mixture over cornmeal crust, leaving a 1/2-inch border on all sides.
- ☐ Sprinkle with mozzarella cheese, chicken, red pepper, and artichoke.
- ☐ Bake, uncovered, at 425 for 30 minutes or until crust is set.
- ☐ Cut into 18 rectangles.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:9.16, Inflammation Score:-4, Nutrition Score:6.4578260377697%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 144.44kcal (7.22%), Fat: 5.14g (7.9%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 14.25g (5.18%), Sugar: 0.81g (0.89%), Cholesterol: 17.22mg (5.74%), Sodium: 206.62mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.01%), Vitamin C: 11.06mg (13.41%), Selenium: 8.46µg (12.08%), Phosphorus: 110.82mg (11.08%), Vitamin B3: 2.17mg (10.86%), Vitamin K: 9.92µg (9.45%), Vitamin A: 444.16IU (8.88%), Vitamin B6: 0.17mg (8.54%), Calcium: 84.09mg (8.41%), Manganese: 0.17mg (8.28%), Fiber: 1.85g (7.39%), Vitamin B1: 0.1mg (7%), Vitamin B2: 0.1mg (6.06%), Folate: 23.7µg (5.92%), Zinc: 0.88mg (5.9%), Magnesium: 22.24mg (5.56%), Iron: 0.94mg (5.23%), Potassium: 112.72mg (3.22%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (2.98%), Vitamin B5: 0.25mg (2.54%), Vitamin B12: 0.13µg (2.24%)