



## Puttanesca Pizza

READY IN



15 min.

SERVINGS



4

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons anchovy paste
- 0.5 cup olives black pitted chopped
- 28 ounce canned tomatoes diced fire roasted canned
- 1 Handful flat-leaf parsley chopped
- 0.8 pound mozzarella cheese smoked fresh very thinly sliced
- 3 cloves garlic finely chopped
- 2 tablespoons olive oil extra-virgin
- 1 crust pizza shell prepared thin (recommended: Boboli)
- 0.5 teaspoon pepper flakes red crushed

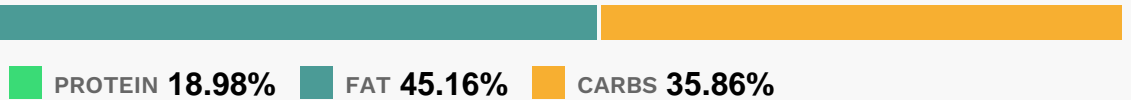
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 425 degrees F.
- Heat a medium skillet over medium heat.
- Add extra-virgin olive oil, garlic, anchovy paste and red pepper flakes. When anchovies (if whole) melt or garlic is tender, about 2 minutes, add tomatoes and olives. Simmer sauce 3 to 4 minutes. Top the pizza with sauce and the sliced cheese.
- Bake until pizza until cheese melts and crust is crisp, 10 minutes.
- Cut and serve.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:15.216956625814%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 678.35kcal (33.92%), Fat: 33.92g (52.18%), Saturated Fat: 14.93g (93.29%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 56.84g (20.67%), Sugar: 7.1g (7.88%), Cholesterol: 73.99mg (24.66%), Sodium: 1925.89mg (83.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.15%), Calcium: 612.7mg (61.27%), Vitamin B12: 2.01µg (33.49%), Phosphorus: 326.68mg (32.67%), Vitamin A: 1596.8IU (31.94%), Selenium: 20.43µg (29.19%), Iron: 4.77mg (26.52%), Vitamin K: 24.08µg (22.93%), Zinc: 2.73mg (18.22%), Vitamin B2: 0.28mg (16.28%), Fiber: 3.75g (14.99%), Vitamin E: 2.18mg (14.56%), Vitamin B3: 1.78mg (8.89%), Vitamin C: 5.61mg (6.79%), Magnesium: 25.82mg (6.46%), Vitamin B6: 0.09mg (4.35%), Potassium: 134.75mg (3.85%), Manganese: 0.08mg (3.85%), Copper: 0.07mg (3.37%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.04mg (2.75%), Folate: 9.16µg (2.29%),

Vitamin B5: 0.22mg (2.16%)