



WHATSheATE



Puttanesca Pizza with Taleggio and Arugula

READY IN



135 min.

SERVINGS



2

CALORIES



973 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 2 tablespoons capers chopped
- ☐ 1 packet yeast dry
- ☐ 1.5 cups flour all-purpose plus more for work surface
- ☐ 1 garlic clove finely minced smashed
- ☐ 2 servings kosher salt
- ☐ 2 servings olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin plus more for coating bowl
- ☐ 0.3 cup gaeta olives pitted coarsely chopped

- ☐ 2 plum tomatoes diced peeled seeded
- ☐ 1 pinch pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 8 ounces taleggio cheese sliced
- ☐ 0.5 cup warm water

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ pizza stone

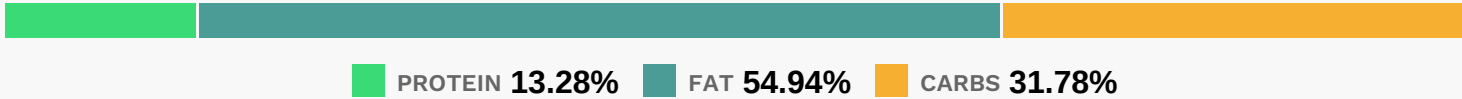
Directions

- ☐ Preheat a pizza stone in a 500 degree F oven. Dust the top of a pizza peel with semolina flour, and lay the pizza dough on top.
- ☐ Combine the olives, capers, tomatoes, garlic and red pepper flakes in a small bowl. Season with salt and a drizzle of olive oil.
- ☐ Thinly spread the puttanesca sauce over the pizza dough and top with the taleggio.
- ☐ Place the pizza on the pizza stone or a sheet tray and bake until the crust is brown and crispy and the cheese is melted, 7 to 10 minutes.
- ☐ Towards the end of the cooking time, lightly dress the arugula with olive oil and a pinch salt. Top the finished pizza immediately with the arugula, cut into pieces and serve hot.
- ☐ Pour the warm water into a small bowl (if the water is too hot the yeast will die and if the water is too cold the yeast will not activate). Stir in the sugar and dry yeast to combine and let sit 15 minutes. The top of the water will bubble and smell very yeasty, this is what you want.
- ☐ Combine the flour and salt in a large mixing bowl. Make a well in the center and pour in the olive oil and yeast water. Gradually stir the flour into the liquid, using a fork. Once most of the flour has been incorporated, turn the dough out onto a smooth, clean work surface dusted

with bench flour. Use your hands to knead the dough to a smooth consistency.

- ☐
- Place the dough in a lightly oiled mixing bowl. Cover with plastic wrap and set in a warm place until the dough has doubled in size, at least 1 hour 30 minutes.
- ☐
- Portion the dough and stretch to the desired size.

Nutrition Facts



Properties

Glycemic Index:122.55, Glycemic Load:53.36, Inflammation Score:-10, Nutrition Score:29.066956480236%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 17.54mg, Kaempferol: 17.54mg, Kaempferol: 17.54mg, Kaempferol: 17.54mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg, Quercetin: 15.77mg

Nutrients (% of daily need)

Calories: 973.16kcal (48.66%), Fat: 60.46g (93.01%), Saturated Fat: 24.7g (154.35%), Carbohydrates: 78.68g (26.23%), Net Carbohydrates: 73.28g (26.65%), Sugar: 3.43g (3.82%), Cholesterol: 89.58mg (29.86%), Sodium: 2613.66mg (113.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.76%), Vitamin B1: 1.16mg (77.39%), Folate: 284.57µg (71.14%), Calcium: 683.06mg (68.31%), Vitamin A: 3294.64IU (65.89%), Selenium: 32.6µg (46.57%), Vitamin K: 46.13µg (43.94%), Manganese: 0.82mg (40.97%), Vitamin B2: 0.65mg (38.04%), Vitamin B3: 7.48mg (37.4%), Vitamin E: 5.24mg (34.95%), Iron: 5.3mg (29.44%), Fiber: 5.4g (21.59%), Phosphorus: 152.74mg (15.27%), Vitamin C: 12.32mg (14.93%), Copper: 0.27mg (13.37%), Magnesium: 44.29mg (11.07%), Potassium: 372.21mg (10.63%), Vitamin B5: 1.04mg (10.41%), Vitamin B6: 0.18mg (9.23%), Zinc: 1.19mg (7.96%)