

food
network

Red Chile-White Anchovy Caesar Salad Pizza

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 1 tablespoon ancho chili powder
- ☐ 12 anchovies white in brine
- ☐ 6 fillet anchovy
- ☐ 1 tablespoon capers drained
- ☐ 2 teaspoons chipotles pureed canned
- ☐ 4 servings cilantro leaves chopped for garnish
- ☐ 1 tablespoon dijon mustard

- ☐ 8 cloves garlic
- ☐ 1 juice of lime juiced
- ☐ 1 tablespoon mayonnaise prepared
- ☐ 1.3 cups olive oil
- ☐ 3 teaspoons olive oil divided plus more for brushing dough
- ☐ 3 dashes pepper sauce hot
- ☐ 1 small onion red peeled halved thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 head romaine lettuce chopped
- ☐ 1.5 teaspoons salt plus more for sprinkling
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.8 cups unbleached flour plus additional all-purpose for kneading and dredging
- ☐ 0.8 cup warm water 105 to 115 degrees F
- ☐ 3 dashes worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ grill

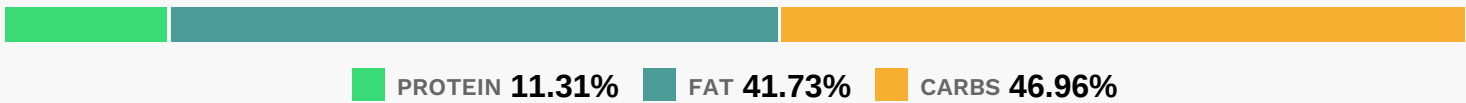
Directions

- ☐ In a small bowl, whisk together the yeast and 1/4 cup of the warm water.
- ☐ Let sit for 5 minutes to proof.
- ☐ Place 1 3/4 cups of the flour in large bowl with the salt.
- ☐ Add the yeast mixture, the remaining water, and 2 teaspoons oil, and stir until combined.
- ☐ Transfer the dough to a floured surface and knead until smooth. Grease a large bowl with the remaining 1 teaspoon oil, add the dough and turn to coat. Cover and put in a warm place until

doubled in volume, about 1 to 1 1/2 hours.

- ☐ Preheat the grill to medium-high. Once the dough has risen, divide it in half, and set aside half for another use or for the Grilled Shrimp and Cilantro Pesto Pizza. Then divide the half into 4 balls.
- ☐ Roll each ball into 8-inch circles.
- ☐ Brush 1 side of each circle with oil and then sprinkle with ancho chile powder and salt. Grill on both sides until golden brown. Make the salad and assemble as directed in the salad recipe.
- ☐ Place romaine and onions in a large bowl.
- ☐ Add 1/4 cup of the dressing and toss to coat. Mound the lettuce mixture onto each pizza and top with the anchovies and chopped cilantro.
- ☐ Serve immediately.
- ☐ Put all the ingredients, except the salt, pepper, and oil, in a food processor or blender. Pulse until blended, and then season with salt and pepper, to taste. With the motor running, slowly add in the oil. If the dressing is too thick, add a little water.

Nutrition Facts



Properties

Glycemic Index:69.5, Glycemic Load:31.35, Inflammation Score:-10, Nutrition Score:30.75391317661%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg, Quercetin: 12.67mg

Nutrients (% of daily need)

Calories: 458.82kcal (22.94%), Fat: 21.63g (33.27%), Saturated Fat: 3.16g (19.77%), Carbohydrates: 54.76g (18.25%), Net Carbohydrates: 47.69g (17.34%), Sugar: 3.83g (4.26%), Cholesterol: 12.27mg (4.09%), Sodium: 1074.19mg (46.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.19g (26.39%), Vitamin A: 14253.82IU (285.08%), Vitamin K: 179.64µg (171.09%), Folate: 363.76µg (90.94%), Vitamin B1: 0.79mg (52.46%), Manganese: 0.84mg

(42.06%), Selenium: 28.67µg (40.96%), Vitamin B3: 7.31mg (36.57%), Vitamin B2: 0.53mg (31.37%), Iron: 5.54mg (30.76%), Fiber: 7.06g (28.25%), Vitamin E: 3.65mg (24.36%), Potassium: 661.27mg (18.89%), Phosphorus: 179.07mg (17.91%), Vitamin B6: 0.35mg (17.41%), Vitamin C: 12.76mg (15.46%), Copper: 0.27mg (13.64%), Magnesium: 53.67mg (13.42%), Calcium: 118.92mg (11.89%), Zinc: 1.45mg (9.66%), Vitamin B5: 0.93mg (9.33%), Vitamin B12: 0.12µg (1.95%)