



Roasted Asparagus and Fontina Pizza

READY IN



22 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces asparagus
- ☐ 4 servings flour and cornmeal all-purpose
- ☐ 0.5 cup fontina grated
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pizza dough whole-wheat room temperature
- ☐ 0.1 teaspoon salt

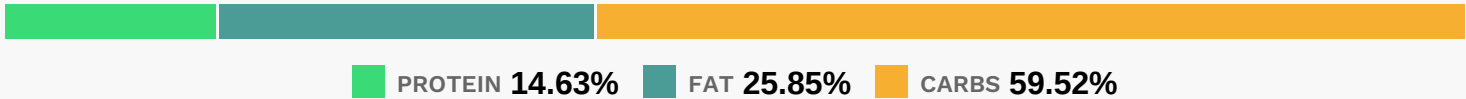
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place an oven rack on lowest position and preheat to 500F.
- ☐ Combine oil and garlic. Trim asparagus; toss with salt, pepper and half of garlic mixture on a rimmed baking sheet. Roast for 5minutes.
- ☐ On a lightly floured surface, roll dough into a 16- by 10-inch rectangle. Generously sprinkle a second baking sheet with cornmeal.
- ☐ Place dough on sheet.
- ☐ Add cheese and asparagus, leaving a 1/2-inch border.
- ☐ Bake until cheese has melted and crust is crisp, about 12minutes. Top with remaining garlic oil.
- ☐ Cut into 8 slices.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:4.84, Inflammation Score:-6, Nutrition Score:10.549999970457%

Flavonoids

Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg, Quercetin: 11.92mg

Nutrients (% of daily need)

Calories: 420.79kcal (21.04%), Fat: 12.33g (18.97%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 63.91g (21.3%), Net Carbohydrates: 60.17g (21.88%), Sugar: 8.92g (9.91%), Cholesterol: 19.14mg (6.38%), Sodium: 1026.73mg (44.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.41%), Vitamin K: 38.07µg (36.25%), Iron: 5.32mg (29.55%), Vitamin A: 794.09IU (15.88%), Fiber: 3.74g (14.95%), Folate: 59µg (14.75%), Vitamin B1: 0.19mg

(12.47%), Calcium: 115.36mg (11.54%), Vitamin B2: 0.19mg (11.32%), Phosphorus: 111.81mg (11.18%), Manganese: 0.22mg (11.05%), Selenium: 7.11µg (10.15%), Vitamin E: 1.52mg (10.11%), Copper: 0.18mg (9.05%), Zinc: 1.11mg (7.38%), Vitamin B3: 1.31mg (6.55%), Vitamin C: 5.23mg (6.34%), Vitamin B6: 0.11mg (5.66%), Potassium: 197.28mg (5.64%), Vitamin B12: 0.28µg (4.62%), Magnesium: 16.35mg (4.09%), Vitamin B5: 0.35mg (3.46%)