



Roasted Beet Pizza (Pizza alla Barbabietola Arrostito)

READY IN



45 min.

SERVINGS



8

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces feta cheese crumbled
- ☐ 4 ounce golden beets
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 10 inch pizza dough
- ☐ 0.3 cup shallots vertically sliced

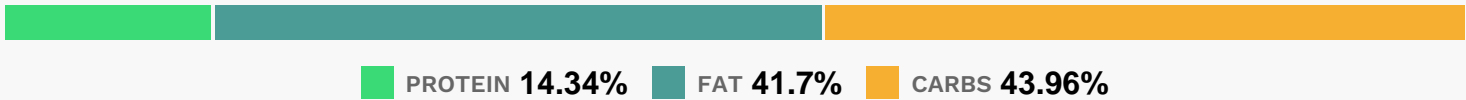
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ pizza stone

Directions

- ☐ Preheat oven to 45
- ☐ Leave root and 1 inch of stem on beet; scrub with a brush. Wrap beet in foil.
- ☐ Bake at 450 for 40 minutes or until tender.
- ☐ Remove from oven; cool. Trim off beet root; rub off skin.
- ☐ Cut beet in half crosswise; thinly slice halves.
- ☐ Position an oven rack in the lowest setting.
- ☐ Place a pizza stone on lowest rack.
- ☐ Increase oven temperature to 50
- ☐ Preheat pizza stone 30 minutes before baking pizza.
- ☐ Gently brush oil over Basic Pizza Dough. Arrange cheese, beet slices, and shallots evenly over dough, leaving a 1/2-inch border. Slide dough onto preheated pizza stone, using a spatula as a guide.
- ☐ Bake at 500 for 8 minutes or until crust is golden.
- ☐ Remove from pizza stone.
- ☐ Sprinkle with salt, and drizzle with honey.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:21.66, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:1.9530434789865%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 45.09kcal (2.25%), Fat: 2.15g (3.31%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 4.42g (1.61%), Sugar: 2.46g (2.73%), Cholesterol: 6.31mg (2.1%), Sodium: 188.41mg (8.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.33%), Folate: 20.25µg (5.06%), Calcium: 40.05mg (4%), Vitamin B2: 0.07mg (3.96%), Manganese: 0.07mg (3.55%), Phosphorus: 34.03mg (3.4%), Vitamin B6: 0.07mg (3.26%), Fiber: 0.68g (2.73%), Potassium: 75.63mg (2.16%), Vitamin B12: 0.12µg (2%), Zinc: 0.29mg (1.9%), Iron: 0.34mg (1.89%), Selenium: 1.26µg (1.8%), Vitamin C: 1.29mg (1.56%), Magnesium: 6.18mg (1.54%), Vitamin B1: 0.02mg (1.32%), Vitamin B5: 0.11mg (1.13%)