



Roasted Garlic Pizza

 Vegetarian

READY IN



137 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon active yeast dry
- ☐ 0.5 cup bread flour
- ☐ 1 tablespoon cornmeal
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup flour all-purpose
- ☐ 1 garlic head whole
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon olive oil

- ☐ 2 teaspoons oregano fresh chopped
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup warm water 100° to 110°

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pizza pan
- ☐ aluminum foil
- ☐ measuring cup

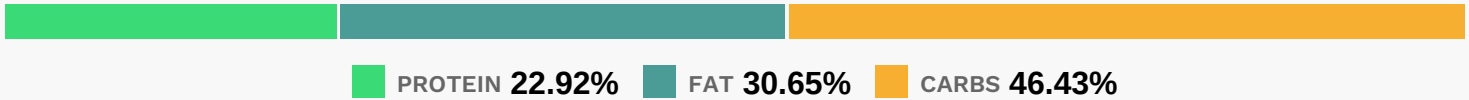
Directions

- ☐ Preheat oven to 37
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- ☐ Bake at 375 for 45 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Dissolve yeast in 1/3 cup warm water in a small bowl, and let stand 5 minutes. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Place flours and salt in a food processor; pulse 2 times or until blended.
- ☐ Add oil to yeast mixture, stirring with a whisk. With processor on, slowly add yeast mixture through food chute; process until dough forms a ball. Process 1 additional minute. Turn dough out onto a floured surface; knead lightly 4 to 5 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers

into dough. If indentation remains, dough has risen enough.)

- ☐ Preheat oven to 40
- ☐ Punch dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 10-inch circle on a floured surface.
- ☐ Place dough on pizza pan or baking sheet sprinkled with cornmeal.
- ☐ Spread roasted garlic evenly over pizza, leaving a 1/2-inch border; top with cheeses, oregano, and pepper.
- ☐ Bake at 400 for 12 minutes or until crust is golden brown.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:34.06, Glycemic Load:8.6, Inflammation Score:-5, Nutrition Score:4.4965217968692%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 118.45kcal (5.92%), Fat: 4g (6.15%), Saturated Fat: 2.14g (13.37%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 12.82g (4.66%), Sugar: 0.28g (0.31%), Cholesterol: 11.48mg (3.83%), Sodium: 292.03mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Calcium: 164.54mg (16.45%), Selenium: 8.77µg (12.53%), Phosphorus: 111.79mg (11.18%), Manganese: 0.16mg (7.93%), Vitamin B1: 0.1mg (6.56%), Vitamin B2: 0.11mg (6.5%), Folate: 24.59µg (6.15%), Zinc: 0.69mg (4.57%), Iron: 0.74mg (4.11%), Vitamin K: 3.82µg (3.64%), Vitamin B3: 0.71mg (3.53%), Fiber: 0.81g (3.24%), Magnesium: 11.57mg (2.89%), Vitamin B12: 0.16µg (2.65%), Vitamin A: 123.08IU (2.46%), Vitamin B6: 0.04mg (2.05%), Copper: 0.04mg (2.03%), Vitamin E: 0.26mg (1.7%), Vitamin B5: 0.14mg (1.37%), Potassium: 46.28mg (1.32%)