



Roasted Red Pepper, Feta and Hummus Pizza

READY IN



23 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large olives black pitted sliced
- 1 cup chickpeas drained and rinsed canned
- 0.1 teaspoon pepper red crushed
- 2 ounces feta crumbled
- 1 large clove garlic peeled
- 1 tablespoon juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 0.1 teaspoon pepper
- 1 pizza dough or

- 1 pizza dough whole-wheat
- 0.3 cup thick roasted peppers red sliced
- 0.5 teaspoon salt
- 1 tablespoon tahini

Equipment

- food processor
- bowl
- oven
- rolling pin
- cutting board

Directions

- Place oven rack on lowest shelf. If you have a stone, place it on rack. Preheat oven to 550F, or your oven's highest temperature, for 45 minutes.
- With motor running, drop garlic into feed tube of a food processor. Scrape down sides of bowl.
- Add chickpeas, tahini, lemon juice, salt, pepper and 2 Tbsp. water. Puree until smooth.
- Dust a 14-inch-wide pizza peel with cornmeal, then flatten dough on top. Using lightly floured fingers or a floured rolling pin, stretch dough into a 13- to 14-inch round. (
- Sprinkle peel with more cornmeal if necessary to make sure crust slides around easily on peel.)
- Brush 1 1/2 Tbsp. oil over crust.
- Spread hummus over crust, leaving a 1-inch border. Scatter peppers, feta, olives and crushed red pepper over pizza.
- Drizzle remaining 1 1/2 Tbsp. oil over pizza.
- Carefully slide pizza onto stone.
- Bake until crust is golden brown on edges and on bottom (lift an edge to check) and cheese is lightly browned, about 8 minutes.
- Transfer to a cutting board.

- Sprinkle onion slices over pizza.
- Let rest for a minute; slice and serve.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:8.4786957295045%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 679.24kcal (33.96%), Fat: 23.06g (35.47%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 101.21g (33.74%), Net Carbohydrates: 96g (34.91%), Sugar: 12.25g (13.61%), Cholesterol: 12.62mg (4.21%), Sodium: 2164.63mg (94.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.85%), Iron: 6.22mg (34.58%), Fiber: 5.21g (20.86%), Manganese: 0.38mg (18.81%), Vitamin B6: 0.29mg (14.45%), Vitamin E: 1.72mg (11.47%), Phosphorus: 113.84mg (11.38%), Calcium: 97.54mg (9.75%), Vitamin B2: 0.14mg (7.96%), Copper: 0.15mg (7.42%), Vitamin C: 5.95mg (7.22%), Vitamin B1: 0.1mg (6.68%), Vitamin K: 6.81µg (6.49%), Selenium: 4.43µg (6.32%), Zinc: 0.9mg (5.98%), Folate: 20.78µg (5.2%), Magnesium: 19.35mg (4.84%), Vitamin B12: 0.24µg (3.99%), Potassium: 108.58mg (3.1%), Vitamin A: 148.87IU (2.98%), Vitamin B5: 0.27mg (2.75%), Vitamin B3: 0.48mg (2.4%)