



Roasted Red Pepper-Tomato Pizza with Goat Cheese, Basil and Red Chili Oil

 Vegetarian

READY IN



140 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry ()
- 8 ounces buffalo mozzarella cheese thinly sliced
- 2 tablespoons basil leaves fresh chopped
- 3 cloves garlic chopped
- 12 ounces goat cheese thinly sliced
- 0.5 cup olive oil extra-virgin
- 2 tablespoons olive oil

- 2 teaspoons olive oil for greasing the bowl
- 1 large onion spanish coarsely chopped
- 2 cups plum tomatoes pureed with juice, canned
- 1 teaspoon chili flakes red
- 2 roasted peppers red peeled seeded chopped
- 0.5 teaspoon salt
- 1.5 teaspoons salt
- 4 servings salt and pepper
- 1.8 cups unbleached flour all-purpose for kneading and dredging
- 0.8 cup warm water (105 to 115 degrees F)

Equipment

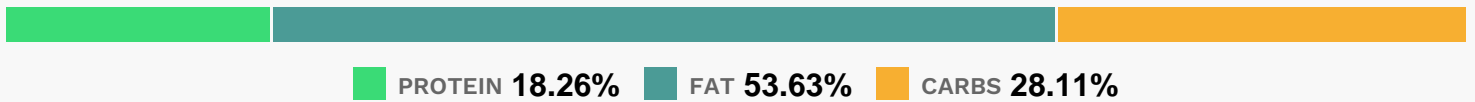
- food processor
- bowl
- sauce pan
- whisk
- blender
- grill

Directions

- Whisk together the yeast and 1/4 cup of the water in a small bowl and let sit for 5 minutes to proof.
- Place 1 3/4 cups of the flour in a large bowl with the salt.
- Add the yeast mixture, the remaining water, and oil and stir until combined.
- Transfer the dough to a floured surface and knead until smooth. Grease a large bowl with the remaining oil, add the dough and turn to coat. Cover and place in a warm place until doubled in volume, about 1 to 1 1/2 hours.
- Preheat the grill to high. Once the dough has risen, divide it in half, and divide each half into 2 balls.
- Roll each ball into an 8-inch circle.

- Brush with oil and grill on both sides until golden brown.
- Spread about 1/2 cup of the sauce on each pizza and top with goat cheese and basil.
- Place pizza on the grill and cook until bottom crust is golden brown and cheese is bubbly.
- Remove from heat, drizzle with red chili oil, and serve.
- Heat oil in a medium saucepan over medium heat.
- Add onion and garlic and cook until soft, about 3 to 4 minutes.
- Add red peppers and tomatoes and cook until thickened. Season with salt and pepper, to taste. Puree in a food processor until smooth.
- Let cool slightly.
- In a blender, combine oil, red chili flakes, and salt; blend for 1 minute. Strain into a small bowl or squeeze bottle.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:32.39, Inflammation Score:-10, Nutrition Score:29.92434785677%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 756.62kcal (37.83%), Fat: 45.35g (69.76%), Saturated Fat: 21.97g (137.33%), Carbohydrates: 53.5g (17.83%), Net Carbohydrates: 49.03g (17.83%), Sugar: 6.17g (6.86%), Cholesterol: 82.21mg (27.4%), Sodium: 2175.21mg (94.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.48%), Calcium: 1430.04mg (143%), Vitamin A: 3834.72IU (76.69%), Vitamin B1: 0.76mg (50.36%), Folate: 180.46µg (45.12%), Copper: 0.84mg (42.06%), Vitamin B2: 0.71mg (41.78%), Manganese: 0.74mg (36.87%), Vitamin C: 28.47mg (34.51%), Phosphorus: 336.54mg (33.65%), Selenium: 21.73µg (31.04%), Iron: 5.21mg (28.96%), Vitamin B3: 5.24mg (26.19%), Vitamin B6: 0.48mg (23.79%), Vitamin K: 24.58µg (23.41%), Vitamin E: 3.11mg (20.71%), Fiber: 4.47g (17.88%), Potassium: 519.23mg (14.84%), Vitamin B5: 1.24mg (12.35%), Magnesium: 47.82mg (11.95%), Zinc: 1.67mg (11.12%), Vitamin B12: 0.16µg (2.71%), Vitamin D: 0.34µg (2.27%)