



Seafood Pizza

READY IN



170 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package yeast dry
- ☐ 0.5 cup water (105°F to 115°F)
- ☐ 1.3 cups flour all-purpose
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 12 medium shrimp fresh uncooked
- ☐ 1 cup tomato sauce
- ☐ 4 oz mozzarella cheese shredded

- ☐ 2 oz provolone cheese shredded
- ☐ 8 fillet anchovy in oil
- ☐ 0.5 lb bay scallops
- ☐ 0.5 cup basil fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 4 cloves garlic finely chopped

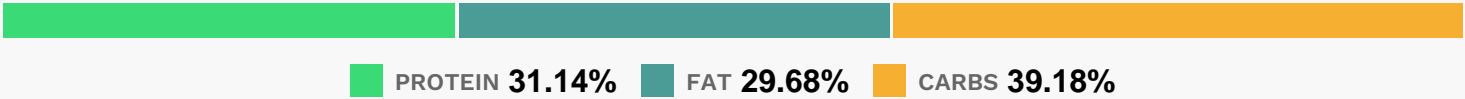
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ In large bowl, dissolve yeast in warm water. Stir in half of the flour, the oil, salt and sugar. Stir in enough remaining flour to make dough easy enough to handle.
- ☐ Turn dough onto lightly floured surface; knead about 10 minutes or until smooth and elastic.
- ☐ Place dough in large bowl greased with shortening, turning dough to grease all sides. Cover and let rise in warm place 20 minutes.
- ☐ Gently push fist into dough to deflate. Cover and refrigerate at least 2 hours but no longer than 48 hours, deflating dough occasionally.
- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 500°F. On lightly floured surface, press or roll dough into 12-inch round.
- ☐ Place on ungreased pizza screen or in 12-inch perforated pizza pan. Press dough from center to edge so edge is thicker than center.
- ☐ Peel shrimp, leaving tails intact.
- ☐ Spread pizza sauce over dough to within 1/2 inch of edge.
- ☐ Sprinkle cheeses over sauce. Arrange shrimp, anchovies and scallops on cheeses.
- ☐ Sprinkle basil, pepper and garlic over seafood.
- ☐ Bake about 10 minutes or until shrimp are pink and firm, scallops are white and cheeses are melted.

Nutrition Facts



Properties

Glycemic Index:94.02, Glycemic Load:23.37, Inflammation Score:-7, Nutrition Score:20.252174045729%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 389.17kcal (19.46%), Fat: 12.79g (19.68%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 35.37g (12.86%), Sugar: 2.95g (3.27%), Cholesterol: 98.88mg (32.96%), Sodium: 1131.93mg (49.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.2g (60.4%), Phosphorus: 514.7mg (51.47%), Selenium: 31.25µg (44.64%), Vitamin B1: 0.54mg (36.05%), Folate: 133.31µg (33.33%), Calcium: 312.56mg (31.26%), Vitamin B12: 1.7µg (28.39%), Vitamin B2: 0.46mg (27.27%), Vitamin B3: 5.24mg (26.2%), Manganese: 0.49mg (24.49%), Zinc: 2.95mg (19.69%), Iron: 3.44mg (19.12%), Vitamin K: 17.79µg (16.94%), Copper: 0.32mg (15.86%), Potassium: 531.87mg (15.2%), Vitamin A: 747.18IU (14.94%), Magnesium: 58.02mg (14.5%), Vitamin B6: 0.22mg (10.99%), Fiber: 2.62g (10.47%), Vitamin B5: 0.91mg (9.05%), Vitamin E: 1.16mg (7.72%), Vitamin C: 5.77mg (6.99%), Vitamin D: 0.18µg (1.23%)