



Skillet Kale Pizza

READY IN



100 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 2 oz fontina shredded
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 garlic clove sliced
- ☐ 4 cups kale packed coarsely chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 1 pound pizza dough
- ☐ 0.5 cup onion red sliced
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 1 tablespoon red wine vinegar
- ☐ 2 teaspoons cornmeal plain yellow

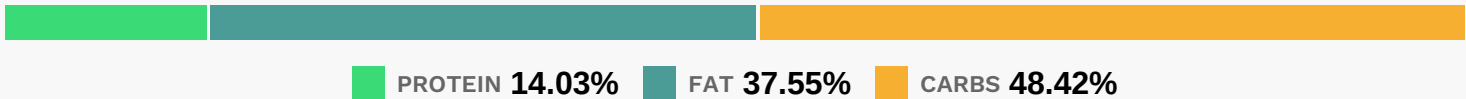
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Place dough in a large bowl coated with cooking spray; lightly coat dough with cooking spray. Cover with a clean cloth, and let rise in a warm place (85), free from drafts, 1 hour.
- ☐ Roll dough to a 14-inch circle on a lightly floured surface; cover with plastic wrap.
- ☐ Preheat oven to 45
- ☐ Cook onion and garlic in 1 Tbsp. hot oil in a 12-inch cast-iron skillet over medium-high heat, stirring often, 2 minutes or until onion is tender.
- ☐ Add kale and rosemary. Cook, stirring constantly, 2 minutes or just until wilted. Stir in vinegar.
- ☐ Add salt to taste.
- ☐ Transfer to a bowl.
- ☐ Wipe skillet clean. Reduce heat to medium. Coat skillet with 2 tsp. oil; sprinkle with cornmeal. Arrange dough in skillet, gently stretching edges to cover bottom and sides of skillet. Cook over medium heat 2 minutes.
- ☐ Remove from heat. Top with kale mixture and cheeses.
- ☐ Brush edges with remaining 1 tsp. oil.
- ☐ Bake at 450 for 12 to 15 minutes or until crust is golden.
- ☐ Sprinkle with red pepper.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:13.428260839504%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg, Isorhamnetin: 5.96mg Kaempferol: 9.96mg, Kaempferol: 9.96mg, Kaempferol: 9.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 476.95kcal (23.85%), Fat: 20.18g (31.05%), Saturated Fat: 7.78g (48.61%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 55.5g (20.18%), Sugar: 8.38g (9.31%), Cholesterol: 29.1mg (9.7%), Sodium: 1141.92mg (49.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.94%), Vitamin K: 87.11µg (82.97%), Vitamin A: 2394.33IU (47.89%), Vitamin C: 21.35mg (25.88%), Calcium: 227.21mg (22.72%), Iron: 3.65mg (20.26%), Phosphorus: 135.79mg (13.58%), Fiber: 3.06g (12.23%), Vitamin B2: 0.17mg (10.27%), Manganese: 0.19mg (9.54%), Vitamin E: 1.28mg (8.55%), Vitamin B12: 0.44µg (7.4%), Zinc: 1.11mg (7.38%), Selenium: 4.98µg (7.12%), Folate: 24.17µg (6.04%), Vitamin B6: 0.11mg (5.63%), Potassium: 164.92mg (4.71%), Magnesium: 16.41mg (4.1%), Vitamin B5: 0.41mg (4.08%), Vitamin B1: 0.05mg (3.04%), Vitamin B3: 0.51mg (2.55%), Copper: 0.04mg (1.78%), Vitamin D: 0.17µg (1.13%)