



Skillet Pizza: Tiganopitta



Vegetarian

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READY IN

ready

36 min.

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SERVINGS

servings

4

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CALORIES

calories

492 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 envelope yeast dry
- ☐ 1 cup feta cheese crumbled
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup leeks cleaned sliced thin
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 tablespoons olive oil
- ☐ 1 teaspoon salt

- ☐ 0.3 cup warm water
- ☐ 0.5 cup water cold

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ In a mixing bowl, whisk together the yeast and warm water.
- ☐ Let stand and bloom for about 20 minutes.
- ☐ Mix on low speed, the flour, cold water, olive oil, and salt. Beat in slowly at first and then increase the speed of the mixer as the flour is incorporated. Turn the speed down and mix until the dough becomes soft and begins to pull away from the sides of the bowl.
- ☐ Pour it out on a floured board. Knead the dough adding flour to dust as needed. Shape the dough into a large ball and cover with a towel to let stand until it doubles in size, about 1 hour.
- ☐ Heat a saute pan with 2 tablespoons of olive oil and add the leeks. Turn the heat to medium high and sweat the leeks until soft and translucent. Set aside and let cool. When ready, cut the dough into 6 ounce pieces.
- ☐ Roll it out to about 1/2-inch thick circle a little smaller than the skillet.
- ☐ Heat a large skillet with the remaining 2 tablespoons of olive oil.
- ☐ Place the rolled dough into the skillet and flip it to brown on both sides. Once browned, sprinkle the top with feta cheese, leeks, 1 teaspoon salt, and pepper.
- ☐ Bake in a preheat 350 degree F. oven just long enough for the cheese to melt. Pull from the oven and cut into 6 pieces.
- ☐ Serve warm.

Nutrition Facts



 PROTEIN **10.05%**  FAT **48.19%**  CARBS **41.76%**

Properties

Glycemic Index:41.5, Glycemic Load:35.37, Inflammation Score:-6, Nutrition Score:16.431739179984%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 491.83kcal (24.59%), Fat: 26.28g (40.44%), Saturated Fat: 7.52g (46.98%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 49.06g (17.84%), Sugar: 0.6g (0.67%), Cholesterol: 33.38mg (11.13%), Sodium: 1015.41mg (44.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Vitamin B1: 0.65mg (43.44%), Vitamin B2: 0.66mg (39.06%), Selenium: 27.01µg (38.58%), Folate: 154.01µg (38.5%), Manganese: 0.53mg (26.32%), Vitamin B3: 4.46mg (22.3%), Calcium: 204.05mg (20.4%), Phosphorus: 203.74mg (20.37%), Iron: 3.52mg (19.58%), Vitamin E: 2.73mg (18.2%), Vitamin K: 17.04µg (16.23%), Vitamin B6: 0.23mg (11.31%), Zinc: 1.61mg (10.73%), Vitamin B12: 0.63µg (10.57%), Fiber: 2.19g (8.75%), Vitamin B5: 0.77mg (7.74%), Vitamin A: 345.07IU (6.9%), Copper: 0.13mg (6.5%), Magnesium: 25.35mg (6.34%), Potassium: 122.12mg (3.49%), Vitamin C: 1.34mg (1.62%)