



 **18%**
HEALTH SCORE

Sweet Potato and Curried Red Lentil Pizza

READY IN



70 min.

SERVINGS



8

CALORIES



1094 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced italian-style undrained canned
- 1.5 teaspoons curry powder
- 0.5 small eggplant diced
- 2 cloves garlic minced
- 1 tablespoon ground cumin
- 1 teaspoon ground ginger
- 0.8 cup lentils dry red
- 1 tablespoon olive oil
- 1 small onion chopped

- 12 inch uncook pizza crust whole wheat thin
- 0.3 cup pecorino cheese grated
- 8 servings salt and pepper to taste
- 1 pound sweet potatoes and into cubed
- 1.5 cups water

Equipment

- frying pan
- sauce pan
- oven
- pizza pan

Directions

- Combine the lentils and water in a small saucepan. Bring to a boil, then cover and simmer over low heat for about 20 minutes, or until tender.
- Drain, and set aside.
- Preheat the oven to 375 degrees F (190 degrees C). Spray a pizza pan with non-stick cooking spray.
- Heat oil in a skillet over medium heat. Stir in garlic and onions; cook until soft and slightly browned. Stir in eggplant and sweet potato.
- Pour in about 1/2 cup of liquid from canned tomatoes. Simmer until juices are absorbed.
- Stir in tomatoes, ginger, curry powder, cumin, salt, and pepper; simmer until sweet potato begins to soften, about 15 to 20 minutes. (If juices cook off before potatoes are fully cooked, stir in a small amount of water, and cover.)
- Place pizza crust on pizza pan.
- Spread the lentils evenly across the surface of the crust out to the edges.
- Spread sweet potato mixture evenly on top, and sprinkle with cheese.
- Bake in a preheated oven until the edges are browned, about 10 to 13 minutes.

Nutrition Facts



■ PROTEIN 14.08% ■ FAT 15.31% ■ CARBS 70.61%

Properties

Glycemic Index:30.58, Glycemic Load:8.46, Inflammation Score:-10, Nutrition Score:21.2273913534444%

Flavonoids

Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1093.5kcal (54.67%), Fat: 18.63g (28.66%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 193.23g (64.41%), Net Carbohydrates: 179.03g (65.1%), Sugar: 11.54g (12.82%), Cholesterol: 3.25mg (1.08%), Sodium: 2133.86mg (92.78%), Alcohol: 0g (100%), Protein: 38.52g (77.05%), Vitamin A: 8194.04IU (163.88%), Iron: 12.3mg (68.32%), Fiber: 14.2g (56.82%), Calcium: 401.81mg (40.18%), Manganese: 0.68mg (34.02%), Folate: 102.63µg (25.66%), Potassium: 609.36mg (17.41%), Vitamin B6: 0.34mg (17.12%), Vitamin B1: 0.25mg (16.91%), Phosphorus: 158.97mg (15.9%), Copper: 0.31mg (15.75%), Magnesium: 56.07mg (14.02%), Vitamin B5: 1.07mg (10.68%), Vitamin C: 8.44mg (10.24%), Zinc: 1.33mg (8.87%), Vitamin E: 1.33mg (8.85%), Vitamin B3: 1.66mg (8.29%), Vitamin B2: 0.13mg (7.42%), Vitamin K: 7.18µg (6.83%), Selenium: 2.98µg (4.26%)