



Sweet Potato and Kale Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



358 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup goat cheese crumbled
- ☐ 1 bunch kale stemmed
- ☐ 1.5 tablespoons olive oil divided
- ☐ 2 tablespoons parmesan shredded
- ☐ 21 ounces pizza dough whole-wheat prepared
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 medium sweet potatoes and into peeled cut into 1/2-inch cubes
- ☐ 1 tablespoon walnuts crushed

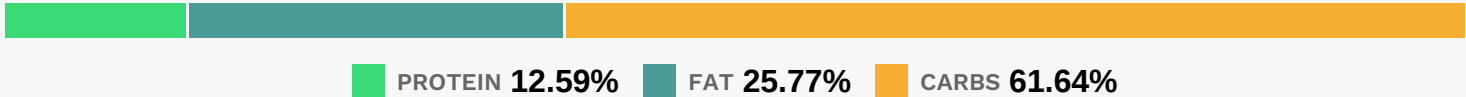
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Boil a large pot of water. Cook potato in water until fork-tender, 7 to 10 minutes.
- ☐ Remove from heat, drain and let cool 5 minutes. In a food processor, pulse potato, 1 tablespoon oil, red pepper and a pinch of salt until sauce is smooth.
- ☐ Roll out dough until 1/4 inch thick.
- ☐ Spread potato sauce evenly over dough. Toss kale in remaining 1/2 tablespoon oil; top pizza with goat cheese, kale and Parmesan.
- ☐ Bake until crust is golden, 10 to 15 minutes, sprinkling on walnuts in final 2 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:14.691304396028%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 357.53kcal (17.88%), Fat: 10.43g (16.05%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 56.17g (18.72%), Net Carbohydrates: 52.54g (19.1%), Sugar: 8.04g (8.94%), Cholesterol: 5.48mg (1.83%), Sodium: 811.88mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.47g (22.94%), Vitamin A: 7631.68IU (152.63%), Vitamin K: 87.57µg (83.4%), Vitamin C: 21.16mg (25.65%), Iron: 3.52mg (19.58%), Manganese: 0.31mg (15.37%), Fiber: 3.63g

(14.53%), Calcium: 101.11mg (10.11%), Vitamin B2: 0.14mg (8.38%), Copper: 0.17mg (8.25%), Vitamin B6: 0.15mg (7.28%), Phosphorus: 71.29mg (7.13%), Potassium: 214.53mg (6.13%), Magnesium: 21.51mg (5.38%), Vitamin E: 0.79mg (5.29%), Folate: 20.47µg (5.12%), Vitamin B1: 0.07mg (4.46%), Vitamin B5: 0.4mg (4.03%), Vitamin B3: 0.53mg (2.67%), Zinc: 0.38mg (2.56%), Selenium: 1.15µg (1.64%)