



Sweet Venetian Pizza: Pinza

 Vegetarian

READY IN



600 min.

SERVINGS



12

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4.5 tablespoons almonds sliced
- ☐ 1 tablespoon yeast dry
- ☐ 4 large egg yolks
- ☐ 2.5 cups flour all-purpose plus more for the pan and bowl
- ☐ 0.7 cup granulated sugar
- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 12 servings powdered sugar for garnish
- ☐ 1 pinch salt

- ☐ 0.5 cup butter unsalted cold plus more for the pan cut into small pieces,
- ☐ 0.3 cup warm water

Equipment

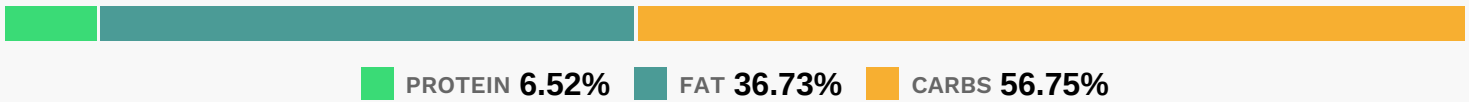
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ kitchen towels
- ☐ springform pan

Directions

- ☐ Add the yeast to the warm water, stirring to dissolve. Then add 2 eggs, half the sugar and mix well.
- ☐ Add 1/2 cup of the flour, stirring to mix well, and adding a bit more if necessary to form a small ball of starter dough.
- ☐ Add half the butter, mixing to incorporate, then place the starter dough in into a lightly floured mixing bowl. Cover the bowl with a damp kitchen towel, and place in a warm spot (like above the refrigerator).
- ☐ Let the starter rest for 1 hour.
- ☐ Place the dough into a mixer with a hook attachment.
- ☐ Add the remaining flour, the remaining sugar, and the remaining butter.
- ☐ Add the salt, and 1 egg yolk and mix again on medium for 10 minutes.
- ☐ Let the resulting dough rest, covered, for 5 hours.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Lightly butter and flour a 9-inch springform pan. On a lightly floured surface, gently roll the dough out to a 8-inch circle, about 1/2-inch thick. Gently lay the dough into the center of the pan, leaving a slight border all the way around between the dough and the pan sides.

- ☐
- Using a fork, whisk the remaining 1 egg yolk and add 1/2 teaspoon of extra-virgin olive oil. Lightly brush the egg wash over the top of the dough.
- ☐
- Sprinkle the almond slices over the top and place the pan in the oven.
- ☐
- Bake until the "pizza" is a light golden brown, about 1 hour.
- ☐
- Garnish with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:22.17, Inflammation Score:-4, Nutrition Score:6.5478261942449%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.02kcal (13.95%), Fat: 11.53g (17.73%), Saturated Fat: 5.61g (35.06%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 38.82g (14.12%), Sugar: 19.18g (21.32%), Cholesterol: 81.54mg (27.18%), Sodium: 8.24mg (0.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Selenium: 12.39µg (17.7%), Vitamin B1: 0.26mg (17.28%), Folate: 65.66µg (16.42%), Manganese: 0.27mg (13.43%), Vitamin B2: 0.22mg (13.03%), Vitamin E: 1.37mg (9.1%), Vitamin B3: 1.81mg (9.06%), Iron: 1.52mg (8.46%), Phosphorus: 72.66mg (7.27%), Vitamin A: 318.11IU (6.36%), Fiber: 1.26g (5.05%), Copper: 0.09mg (4.28%), Magnesium: 16.56mg (4.14%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.47mg (3.11%), Vitamin D: 0.45µg (2.99%), Calcium: 24.02mg (2.4%), Vitamin B12: 0.13µg (2.11%), Vitamin B6: 0.04mg (2.09%), Potassium: 67.37mg (1.92%)