

Tossed Salad Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



974 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots thinly sliced chopped
- 1 tablespoon olive oil extra virgin
- 1.8 cups flour all-purpose as needed
- 0.3 teaspoon garlic powder spice islands®
- 1 cup grape tomatoes fresh halved chopped
- 0.3 cup salad dressing italian prepared
- 0.3 cup onion chopped
- 0.3 cup parmesan cheese shredded
- 4 cups romaine lettuce chopped

- 0.8 teaspoon salt
- 2 cups mozzarella cheese shredded
- 1.5 teaspoons sugar
- 0.7 cup very warm water (120 degrees to 130 degrees F)
- 1 envelope rapidrise yeast

Equipment

- bowl
- baking sheet
- oven
- pizza pan

Directions

- Preheat oven to 425 degrees F.
- Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and oil; mix until well blended, about 1 minute.
- Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes. (If using Rapid
- Rise Yeast, let dough rest at this point for 10 minutes.)
- Pat dough with floured hands to fill greased pizza pan or baking sheet. OR roll dough on a floured counter to 12-inch circle; place in greased pizza pan or baking sheet. Form a rim by pinching the edge of the dough.
- Brush crust with 1 tablespoon olive oil and sprinkle with garlic powder.
- Combine mozzarella cheese, onions and carrots; spread over the crust.
- Bake on lowest oven rack for 15 to 18 minutes, until cheese is bubbly and crust is browned.
- Remove from oven and let cool 2 to 3 minutes. While pizza is baking, toss together lettuce, tomatoes and Italian salad dressing.
- Spread over pizza and sprinkle with Parmesan cheese.
- Serve immediately!

Nutrition Facts

PROTEIN 17.72% FAT 39.92% CARBS 42.36%

Properties

Glycemic Index:157.96, Glycemic Load:64.94, Inflammation Score:-10, Nutrition Score:43.558696145597%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 973.61kcal (48.68%), Fat: 43.06g (66.24%), Saturated Fat: 18.87g (117.92%), Carbohydrates: 102.77g (34.26%), Net Carbohydrates: 96.12g (34.95%), Sugar: 12.42g (13.8%), Cholesterol: 96.98mg (32.33%), Sodium: 2098.5mg (91.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.01%), Vitamin A: 12346.67IU (246.93%), Vitamin K: 128.21µg (122.1%), Folate: 354.9µg (88.73%), Selenium: 60.12µg (85.89%), Calcium: 785.93mg (78.59%), Vitamin B1: 1.02mg (67.97%), Phosphorus: 664.79mg (66.48%), Vitamin B2: 0.99mg (58.33%), Manganese: 1.08mg (53.82%), Vitamin B12: 2.7µg (45.06%), Iron: 7.03mg (39.07%), Vitamin B3: 7.57mg (37.83%), Zinc: 4.84mg (32.25%), Fiber: 6.65g (26.6%), Potassium: 732.26mg (20.92%), Vitamin C: 16.51mg (20.02%), Magnesium: 79.81mg (19.95%), Vitamin E: 2.59mg (17.29%), Vitamin B6: 0.3mg (15.06%), Copper: 0.3mg (14.95%), Vitamin B5: 0.96mg (9.64%), Vitamin D: 0.51µg (3.4%)