



## Valentine Pizza

READY IN



135 min.

SERVINGS



3

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 ounce yeast dry
- 2.3 ounce olives black sliced canned
- 3 cups bread flour
- 3 tablespoons olive oil extra virgin divided
- 3 tablespoons rosemary leaves fresh chopped
- 15 slices pepperoni
- 14 ounce tomato sauce canned
- 3 cups mozzarella cheese shredded
- 2 tomatoes ripe sliced

- 1.3 cups water
- 1 zucchini sliced

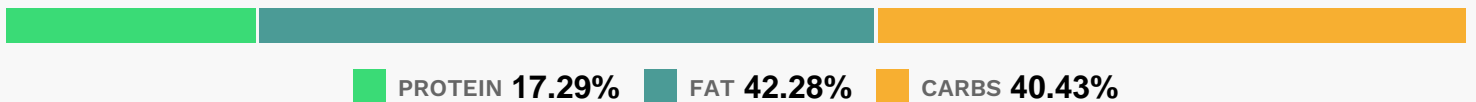
## Equipment

- oven
- bread machine

## Directions

- Place bread flour, yeast, water, and 2 tablespoons olive oil into the bread machine pan in the order recommended by the manufacturer. Select the Dough setting. Press Start. When the dough is finished, knead rosemary into the dough.
- Preheat oven to 400 degrees F (200 degrees C).
- Divide the dough into three portions. Shape each piece into a heart shape about 1/2 inch thick.
- Brush with remaining olive oil, and spread a thin layer of pizza sauce on each pizza.
- Sprinkle cheese over pizza sauce, and arrange tomatoes, zucchini, pepperoni, and sliced olives on top.
- Bake for about 15 to 20 minutes, or until cheese has melted and crust is browned.

## Nutrition Facts



## Properties

Glycemic Index:73.33, Glycemic Load:62.74, Inflammation Score:-9, Nutrition Score:36.946956033292%

## Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 1060.16kcal (53.01%), Fat: 50.06g (77.01%), Saturated Fat: 19.38g (121.13%), Carbohydrates: 107.68g (35.89%), Net Carbohydrates: 99.44g (36.16%), Sugar: 10.16g (11.28%), Cholesterol: 98.18mg (32.73%), Sodium: 1837.78mg (79.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.06g (92.13%), Selenium: 72.87µg (104.1%), Manganese: 1.46mg (73.02%), Calcium: 644.63mg (64.46%), Phosphorus: 630.98mg (63.1%), Vitamin A: 2288.24IU (45.76%), Vitamin B12: 2.69µg (44.75%), Vitamin E: 6.07mg (40.45%), Vitamin B2: 0.68mg (39.98%), Vitamin C: 32.63mg (39.55%), Folate: 147.58µg (36.89%), Zinc: 5.44mg (36.27%), Vitamin B1: 0.52mg (34.48%), Fiber: 8.24g (32.96%), Potassium: 1040.3mg (29.72%), Copper: 0.54mg (27.08%), Magnesium: 102.5mg (25.62%), Vitamin B3: 4.98mg (24.88%), Vitamin K: 25.26µg (24.06%), Vitamin B6: 0.47mg (23.72%), Iron: 3.85mg (21.39%), Vitamin B5: 1.78mg (17.79%), Vitamin D: 0.58µg (3.85%)