



 **78%**
HEALTH SCORE

Whole-Wheat Brussels Sprout, Squash and Ricotta Pizza

 Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon active yeast dry
- 1 teaspoon agave syrup
- 8 ounces brussels sprouts
- 4 servings bell pepper red crushed
- 1 juice of lemon
- 4 servings kosher salt
- 1 tablespoon olive oil extra-virgin

- 4 teaspoons olive oil extra-virgin
- 0.3 cup parmesan grated
- 0.8 cup part-skim ricotta cheese
- 2 tablespoons pumpkin seeds toasted
- 0.8 cup warm water (100 to 110 degrees F)
- 2 cups flour whole-wheat white plus more for kneading

Equipment

- bowl
- baking sheet
- whisk
- plastic wrap
- kitchen towels
- spatula
- measuring cup

Directions

- Stir together the warm water, honey and yeast in a measuring cup or small bowl.
- Let sit until a small layer of foam develops at the top, 3 to 5 minutes. (If this doesn't happen, discard and try again with new yeast.)
- Whisk the flour and 1/2 teaspoon salt together in a medium bowl.
- Add the foamy yeast mixture and olive oil and mix together with a stiff rubber spatula. Form the dough into a uniform ball in the center of the bowl. Be sure to scrape and use any dough stuck to the sides. The dough will be very sticky at this stage. Cover the bowl tightly with plastic wrap and keep in a warm place until the dough has doubled in size, about 2 hours.
- Lightly dust a baking sheet with flour.
- Sprinkle a generous amount of flour on a clean, dry work surface. Scrape the dough onto the floured surface and knead for a couple of minutes, working in just enough flour to make the dough less sticky but still moist to the touch. Form the dough into 1, 2 or 4 balls, for large, medium and small pizzas.

Place the dough ball(s) on the prepared baking sheet. Cover loosely with plastic wrap or a dish towel and let rest for 30 minutes. The dough can then be shaped and cooked as desired or wrapped well and frozen for up to 1 month. Thaw frozen dough at room temperature, shape and cook as desired.

Nutrition Facts

PROTEIN 17.17% **FAT 34.27%** **CARBS 48.56%**

Properties

Glycemic Index:21, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:31.892608528552%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg, Naringenin: 1.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 428.87kcal (21.44%), Fat: 17.29g (26.6%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 45.32g (16.48%), Sugar: 3.79g (4.21%), Cholesterol: 18.67mg (6.22%), Sodium: 403.5mg (17.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.5g (38.99%), Manganese: 2.9mg (145.11%), Vitamin K: 109.49µg (104.27%), Selenium: 48.15µg (68.78%), Vitamin C: 51.63mg (62.59%), Phosphorus: 455.02mg (45.5%), Fiber: 9.81g (39.23%), Magnesium: 138.89mg (34.72%), Vitamin B1: 0.5mg (33.42%), Calcium: 255.83mg (25.58%), Vitamin A: 1254.53IU (25.09%), Folate: 91.38µg (22.84%), Vitamin B6: 0.45mg (22.67%), Iron: 4.07mg (22.59%), Vitamin B3: 4.27mg (21.34%), Zinc: 3.14mg (20.94%), Copper: 0.4mg (20.14%), Vitamin E: 2.96mg (19.73%), Vitamin B2: 0.32mg (18.8%), Potassium: 597.05mg (17.06%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.21µg (3.51%)