



Whole Wheat Pesto Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons basil pesto
- ☐ 0.5 pound pizza dough whole wheat
- ☐ 2 teaspoons vegetable oil
- ☐ 1 teaspoon cornmeal plain yellow
- ☐ 2 servings frangelico (see below)
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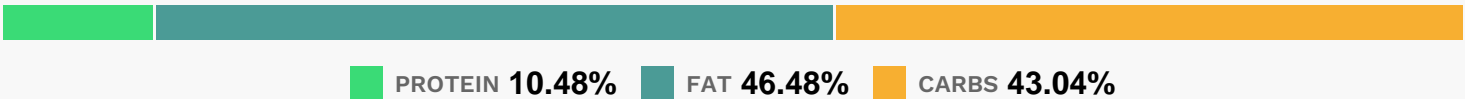
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Let dough stand at room temperature 20 minutes. Coat a 12-inch cast-iron skillet with vegetable oil, and sprinkle with cornmeal.
- ☐ Stretch or roll dough out, and arrange in skillet, gently stretching edges to cover bottom and sides of skillet. Cook over medium heat 2 minutes.
- ☐ Remove from heat, and spread with Arugula Pesto.
- ☐ Add desired toppings; sprinkle with cheese.
- ☐ Brush edges of dough with olive oil.
- ☐ Bake at 450 for 18 minutes or until browned.
- ☐ Try These Toppings Cooked ground turkey sausage, sliced red onion, and sliced sweet mini bell peppers Roasted butternut squash, sliced shallots, sun-dried tomatoes, and fresh sage Mozzarella cheese slices, plum tomato slices, and basil Thinly sliced potatoes, mushrooms, and fontina cheese

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:3.9756521576125%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 455.45kcal (22.77%), Fat: 24.59g (37.83%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 51.23g (17.08%), Net Carbohydrates: 46.92g (17.06%), Sugar: 0.5g (0.56%), Cholesterol: 12.07mg (4.03%), Sodium: 836.59mg

(36.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Fiber: 4.31g (17.26%), Calcium: 134.78mg (13.48%), Vitamin K: 12.7µg (12.1%), Vitamin E: 1.44mg (9.62%), Vitamin A: 410.52IU (8.21%), Phosphorus: 81.5mg (8.15%), Selenium: 4.43µg (6.34%), Zinc: 0.57mg (3.82%), Vitamin B12: 0.17µg (2.81%), Vitamin B2: 0.04mg (2.59%), Magnesium: 5.45mg (1.36%), Iron: 0.21mg (1.18%)