



Arugula Pesto, Ricotta, and Smoked Mozzarella Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce arugula packed
- 0.3 teaspoon pepper black
- 2 garlic clove crushed
- 0.5 teaspoon kosher salt
- 1 tablespoon olive oil
- 0.5 cup part-skim ricotta
- 1 pound pizza dough
- 2 plum tomatoes sliced

1 cup mozzarella cheese smoked shredded

Equipment

food processor

baking sheet

oven

Directions

Preheat oven to 47

Sprinkle baking sheet with cornmeal.

In food processor, blend ricotta, garlic, salt, and pepper until smooth.

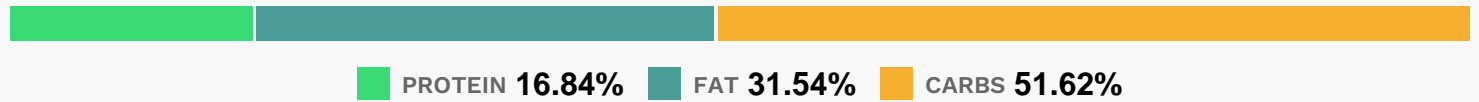
Add mozzarella and arugula. Pulse to combine.

On lightly floured surface, roll pizza dough into a 14-inch circle; transfer to baking sheet.

Spread ricotta mixture on top, leaving a 1-inch border. Top with tomatoes and drizzle with oil.

Bake 15 to 16 minutes, until the crust is golden.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:5.366956544959%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 297.72kcal (14.89%), Fat: 10.56g (16.25%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 37.39g (13.6%), Sugar: 5.59g (6.22%), Cholesterol: 21.15mg (7.05%), Sodium: 885.78mg (38.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.69g (25.38%), Calcium: 162.43mg (16.24%), Iron: 2.38mg (13.22%), Phosphorus: 112.98mg (11.3%), Vitamin A: 490.37IU (9.81%), Selenium: 6.79µg (9.69%), Vitamin K:

8.91µg (8.49%), Vitamin B12: 0.49µg (8.09%), Fiber: 1.5g (6%), Zinc: 0.89mg (5.95%), Vitamin B2: 0.1mg (5.9%),
Vitamin C: 3.85mg (4.67%), Manganese: 0.07mg (3.71%), Vitamin E: 0.52mg (3.46%), Potassium: 111.62mg (3.19%),
Folate: 11.72µg (2.93%), Magnesium: 11.72mg (2.93%), Vitamin B6: 0.04mg (2.18%), Copper: 0.03mg (1.46%), Vitamin
B1: 0.02mg (1.45%), Vitamin B5: 0.12mg (1.23%)