



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

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1 cup mozzarella cheese smoked shredded

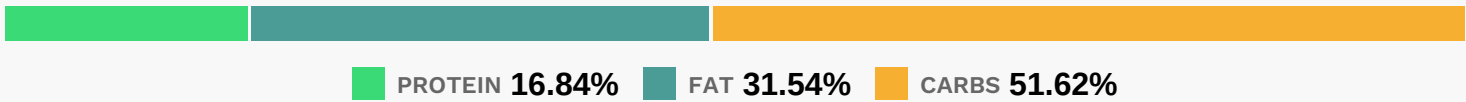
Equipment

- ☐ 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: Og (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%),
Magnesium: 11.72mg (2.93%), Folate: 11.72µg (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%)