



## Arugula, Ricotta and Smoked Mozzarella Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 ounce arugula packed
- 0.3 teaspoon pepper black freshly ground
- 2 cloves garlic crushed
- 1 teaspoon kosher salt
- 6 servings olive oil extra-virgin for drizzling
- 13 ounce pizza dough
- 0.5 cup ricotta cheese
- 2 roma tomatoes sliced into 1/ slices
- 8 ounces mozzarella cheese smoked shredded

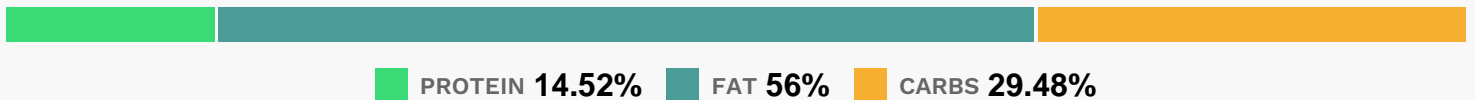
## Equipment

- food processor
- baking sheet
- oven

## Directions

- Put an oven rack in the center of the oven. Preheat the oven to 475 degrees F.
- Sprinkle a heavy baking sheet (without sides) with cornmeal. Set aside.
- In a food processor, blend the ricotta, garlic, salt, and pepper until smooth.
- Add the smoked mozzarella and arugula. Pulse until just combined but still chunky. On a lightly floured work surface, roll out the dough into a 14-inch diameter circle, about 1/4 to 1/16-inch thick.
- Transfer the dough to the prepared baking sheet and drizzle with olive oil.
- Spread the ricotta mixture on top leaving a 1-inch border. Arrange the tomato slices on top.
- Drizzle with olive oil and bake until the crust is golden, about 15 to 16 minutes.
- Remove from the oven, cut into wedges and serve.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.74, Inflammation Score:-4, Nutrition Score:7.782173861628%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 430.82kcal (21.54%), Fat: 27.12g (41.72%), Saturated Fat: 9.1g (56.89%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 30.83g (11.21%), Sugar: 4.9g (5.45%), Cholesterol: 40.4mg (13.47%), Sodium: 1088.81mg (47.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.63%), Calcium: 245.85mg (24.59%), Phosphorus: 175.54mg (17.55%), Vitamin K: 16.46µg (15.68%), Vitamin B12: 0.93µg (15.53%), Vitamin E: 2.24mg (14.96%), Selenium: 9.58µg (13.69%), Vitamin A: 632.31IU (12.65%), Iron: 2.13mg (11.86%), Zinc: 1.41mg (9.43%), Vitamin B2: 0.16mg (9.21%), Fiber: 1.29g (5.15%), Vitamin C: 3.85mg (4.67%), Manganese: 0.08mg (3.98%), Magnesium: 14.73mg (3.68%), Potassium: 122.18mg (3.49%), Folate: 12.85µg (3.21%), Vitamin B6: 0.06mg (2.77%), Vitamin B1: 0.03mg (1.72%), Copper: 0.03mg (1.43%), Vitamin B5: 0.14mg (1.43%), Vitamin D: 0.19µg (1.28%), Vitamin B3: 0.21mg (1.03%)