



WHATSheATE



Asparagus, Fingerling Potato, and Goat Cheese Pizza



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces asparagus trimmed cut in half lengthwise, then crosswise into 2- to 3-inch pieces
- ☐ 4 servings cornmeal (for sprinkling)
- ☐ 5 ounces fingerling potatoes
- ☐ 1 garlic clove pressed
- ☐ 4 ounces goat cheese fresh crumbled soft
- ☐ 4 spring onion divided thinly sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 0.5 cup parmesan cheese grated
- ☐ 6 ounces mozzarella cheese grated

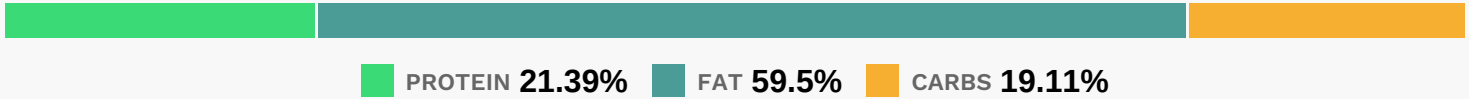
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ cutting board

Directions

- ☐ Place potatoes in small saucepan.
- ☐ Add enough water to cover by 1 inch.
- ☐ Sprinkle with salt. Bring to boil and cook until potatoes are tender, about 10 minutes.
- ☐ Drain. Cool.
- ☐ Cut potatoes into thin slices.
- ☐ Preheat oven to 450°F.
- ☐ Sprinkle rimless baking sheet with cornmeal.
- ☐ Roll and stretch pizza dough to 16x11-inch oval.
- ☐ Transfer to baking sheet.
- ☐ Mix 1 tablespoon olive oil and garlic in small bowl.
- ☐ Brush garlic oil over dough.
- ☐ Sprinkle 3/4 of green onions over, then mozzarella, leaving 1/2-inch plain border. Top with potato slices and goat cheese. Toss asparagus and 1 tablespoon oil in medium bowl. Scatter asparagus over pizza.
- ☐ Sprinkle with Parmesan, then lightly with salt and generously with pepper.
- ☐ Bake pizza until crust is browned and asparagus is tender, about 18 minutes.
- ☐ Transfer to cutting board.
- ☐ Sprinkle with remaining green onions.
- ☐ Cut into pieces.

Nutrition Facts



Properties

Glycemic Index:68.31, Glycemic Load:9.71, Inflammation Score:-8, Nutrition Score:17.763043424358%

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 Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 398.9kcal (19.95%), Fat: 26.69g (41.07%), Saturated Fat: 12.77g (79.81%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 16.05g (5.84%), Sugar: 2.48g (2.76%), Cholesterol: 57.51mg (19.17%), Sodium: 595.55mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.59g (43.19%), Vitamin K: 55.05µg (52.43%), Calcium: 393.46mg (39.35%), Phosphorus: 380.13mg (38.01%), Vitamin A: 1237.5IU (24.75%), Vitamin B2: 0.38mg (22.48%), Selenium: 14.59µg (20.84%), Copper: 0.4mg (19.95%), Vitamin B12: 1.19µg (19.87%), Zinc: 2.82mg (18.79%), Vitamin B6: 0.33mg (16.42%), Iron: 2.8mg (15.56%), Vitamin C: 12.65mg (15.33%), Manganese: 0.29mg (14.57%), Folate: 53.38µg (13.35%), Vitamin E: 1.95mg (13.01%), Fiber: 3.24g (12.95%), Vitamin B1: 0.18mg (12.23%), Magnesium: 46.79mg (11.7%), Potassium: 394.81mg (11.28%), Vitamin B3: 1.42mg (7.1%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.35µg (2.31%)