



Basil Goat Cheese Pizza

READY IN



171 min.

SERVINGS



1

CALORIES



1614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread dough white frozen thawed
- 2 sprigs basil fresh chopped
- 1.5 teaspoons rosemary fresh minced
- 4 ounces goat cheese crumbled
- 0.5 teaspoon ground pepper black
- 1 tablespoon olive oil
- 1 serving salt to taste
- 0.8 cup tomato sauce italian

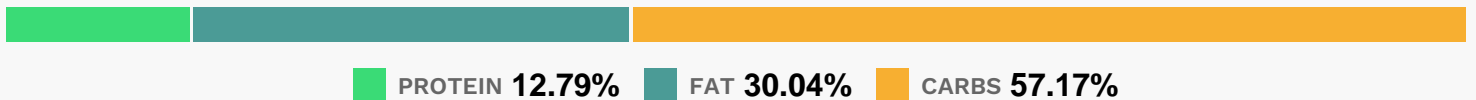
Equipment

- bowl
- oven

Directions

- Allow dough to rise in a covered bowl until doubled in bulk.
- Preheat oven to 425 degrees F (220 degrees C).
- Roll the dough on a floured surface into a 15-inch circle.
- Roll the edges towards the center to form a crust, leaving a 12-inch circle.
- Brush the entire crust generously with olive oil, and sprinkle with salt, pepper, 1 sprig of chopped basil, and rosemary.
- Bake in preheated oven until the crust begins to turn golden, 8 to 10 minutes.
- Spread the crust with tomato sauce.
- Sprinkle with 2 sprigs of chopped basil and goat cheese.
- Bake in preheated oven until the crust is brown, and the pizza has heated through, about 8 more minutes.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:20.392608528552%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 1614.22kcal (80.71%), Fat: 51.62g (79.41%), Saturated Fat: 18.53g (115.81%), Carbohydrates: 221g (73.67%), Net Carbohydrates: 209.69g (76.25%), Sugar: 5.69g (6.33%), Cholesterol: 52.16mg (17.39%), Sodium: 2753.94mg (119.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.85%), Vitamin A: 2870.34IU (57.41%), Copper: 0.96mg (48.2%), Fiber: 11.31g (45.25%), Vitamin K: 42.72µg (40.69%), Phosphorus: 336.8mg (33.68%), Vitamin C: 25.06mg (30.38%), Vitamin B2: 0.47mg (27.63%), Manganese: 0.49mg (24.55%), Vitamin B6: 0.44mg (21.75%), Vitamin E: 3.22mg (21.47%), Calcium: 188.75mg (18.87%), Iron: 2.95mg (16.38%), Potassium: 476.29mg (13.61%), Folate: 43.28µg (10.82%), Magnesium: 42.07mg (10.52%), Vitamin B1: 0.15mg (9.84%), Vitamin B5: 0.95mg (9.53%), Zinc: 1.39mg (9.27%), Vitamin B3: 1.59mg (7.95%), Selenium: 3.24µg (4.62%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.45µg (3.02%)