



## Beet, Apple, and Cheese Pizzettes

READY IN



22 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

### Ingredients

- 0.5 medium apples such as honey crisp or pippin, unpeeled and cored
- 4 ounces fontina shredded (see Cook's Note)
- 2 ounces goat cheese crumbled
- 1 tablespoon herbs de provence
- 3 tablespoons olive oil extra-virgin
- 1 pound pizza dough store-bought
- 2 small beets red

### Equipment

- baking sheet
- oven
- grill
- mandoline
- cookie cutter

## Directions

- Special equipment: 4-inch round cookie cutter
- Preheat a gas or charcoal grill with a cover. (The pizzettes can also be baked in the oven.)
- Place an oven rack in the upper 1/3 of the oven and preheat to 400 degrees F.
- Bake the pizzettes on a cornmeal-dusted baking sheet until the crust is golden, 12 to 14 minutes.)
- Dust a baking sheet with cornmeal. Set aside. Using a mandoline slicer, slice the apples and beets into 1/16 to 1/8-inch thick slices. Set aside.
- On a lightly floured work surface, roll out the dough into a 13-inch diameter circle. Using a 4-inch round cookie cutter, cut out 6 circles of dough and transfer to the prepared baking sheet. Divide the fontina and sprinkle on top of each circle of dough. Divide the apple and beet slices and place on top.
- Add the goat cheese and sprinkle with herbes de Provence.
- Drizzle with olive oil and place on the grill over low, indirect heat. Cover the grill and cook until the crust is crisp and golden and the cheese begins to melt, 8 to 10 minutes.

## Nutrition Facts



**PROTEIN 13.86%** **FAT 41.85%** **CARBS 44.29%**

## Properties

Glycemic Index:20.5, Glycemic Load:1.71, Inflammation Score:-3, Nutrition Score:6.1773912906647%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,  
Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg  
Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg,  
Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin:  
0.64mg

## **Nutrients (% of daily need)**

Calories: 366.8kcal (18.34%), Fat: 17.33g (26.66%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 41.26g (13.75%),  
Net Carbohydrates: 38.82g (14.12%), Sugar: 8.34g (9.27%), Cholesterol: 26.27mg (8.76%), Sodium: 752.71mg  
(32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.91g (25.82%), Iron: 3.35mg (18.59%), Vitamin K:  
16.69µg (15.89%), Calcium: 134.76mg (13.48%), Phosphorus: 102.59mg (10.26%), Fiber: 2.44g (9.78%), Folate: 31.8µg  
(7.95%), Vitamin E: 1.16mg (7.75%), Manganese: 0.15mg (7.61%), Vitamin A: 311.94IU (6.24%), Zinc: 0.88mg (5.89%),  
Vitamin B12: 0.34µg (5.59%), Vitamin B2: 0.09mg (5.36%), Copper: 0.1mg (5.12%), Selenium: 3.21µg (4.59%),  
Potassium: 117.53mg (3.36%), Vitamin B6: 0.07mg (3.3%), Magnesium: 12.13mg (3.03%), Vitamin C: 2.26mg (2.73%),  
Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.02mg (1.62%), Vitamin D: 0.15µg (1.01%)