

Bianca Pizza

READY IN



10 min.

SERVINGS



6

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 6 servings our best pizza dough
- ☐ 6 servings salt
- ☐ 12 oz mozzarella cheese shredded
- ☐ 0.1 cup onion white sliced

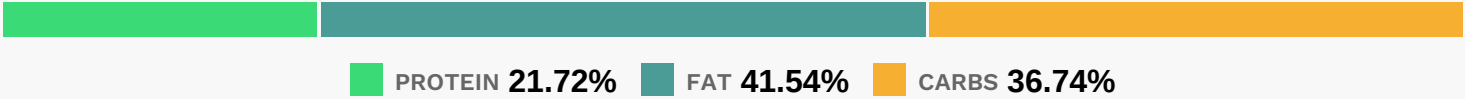
Equipment

- ☐ grill

Directions

☐ Evenly scatter a few onion slices and a large handful of cheese over each half-grilled dough round, then sprinkle with chopped rosemary and a little salt. Grill as directed in step 6 of Our Best Pizza Dough.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:6.1121738553047%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 311.69kcal (15.58%), Fat: 14.44g (22.22%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 27.83g (10.12%), Sugar: 4.26g (4.73%), Cholesterol: 44.79mg (14.93%), Sodium: 961.54mg (41.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Calcium: 287.32mg (28.73%), Vitamin B12: 1.29µg (21.55%), Phosphorus: 201.7mg (20.17%), Selenium: 9.66µg (13.79%), Zinc: 1.66mg (11.08%), Iron: 1.8mg (10%), Vitamin B2: 0.16mg (9.49%), Vitamin A: 384.33IU (7.69%), Fiber: 0.92g (3.67%), Magnesium: 11.71mg (2.93%), Vitamin D: 0.23µg (1.51%), Potassium: 48.22mg (1.38%), Vitamin K: 1.32µg (1.25%), Vitamin B6: 0.03mg (1.25%), Vitamin B1: 0.02mg (1.24%), Folate: 4.64µg (1.16%), Manganese: 0.02mg (1.11%)