



Crispy White Pizza

READY IN



30 min.

SERVINGS



1

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup ricotta cheese fat-free
- 4 basil leaves fresh plus more for serving, optional
- 0.3 teaspoon garlic powder
- 1 large low -fat (with 100 calories)
- 0.3 cup onion thinly sliced
- 1 serving parmesan cheese grated for serving, optional
- 1 tablespoon part-skim mozzarella cheese shredded
- 4 slices plum tomatoes thin
- 1 serving salt and pepper black freshly ground

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- stove
- pizza cutter

Directions

- Preheat the oven to 375 degrees F.
- Put tortilla on a baking sheet sprayed with nonstick spray.
- Bake in the oven until slightly crispy, 3 to 5 minutes per side. Leave oven on.
- In a small bowl, mix ricotta cheese with mozzarella cheese. Set aside.
- Bring a skillet coated with nonstick spray to medium heat on the stove.
- Add the onion and, stirring occasionally, cook until softened and slightly browned, about 5 or 6 minutes.
- Immediately stir onion into cheese mixture.
- Add garlic powder, 1/8 teaspoon salt, and black pepper, and mix well.
- Spread cheese-onion mixture evenly on top of the tortilla. Top with tomato slices and basil leaves, and then sprinkle with a dash of salt, if desired.
- Return the pizza to the oven and bake until hot, about 5 minutes. Use a pizza cutter or a sharp knife to cut into slices.
- Garnish with Parmesan, if using. Pizza for one!

Nutrition Facts

 **PROTEIN 23.52%**  **FAT 33.58%**  **CARBS 42.9%**

Properties

Glycemic Index:206, Glycemic Load:10.28, Inflammation Score:-6, Nutrition Score:14.769565281661%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 432.88kcal (21.64%), Fat: 15.61g (24.02%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 41.93g (15.25%), Sugar: 6.86g (7.63%), Cholesterol: 48.68mg (16.23%), Sodium: 1146.56mg (49.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.21%), Calcium: 613.1mg (61.31%), Phosphorus: 398.98mg (39.9%), Selenium: 26.4µg (37.71%), Vitamin B1: 0.34mg (22.42%), Manganese: 0.42mg (20.9%), Vitamin B2: 0.33mg (19.5%), Folate: 69.19µg (17.3%), Zinc: 2.14mg (14.24%), Iron: 2.54mg (14.13%), Vitamin B3: 2.78mg (13.91%), Fiber: 2.95g (11.79%), Vitamin K: 12.35µg (11.76%), Vitamin A: 449.69IU (8.99%), Vitamin B12: 0.53µg (8.77%), Magnesium: 33.31mg (8.33%), Vitamin B6: 0.14mg (6.82%), Potassium: 225.5mg (6.44%), Copper: 0.11mg (5.38%), Vitamin C: 3.81mg (4.61%), Vitamin B5: 0.27mg (2.71%), Vitamin E: 0.22mg (1.48%), Vitamin D: 0.19µg (1.3%)