



Deep Dish Alfredo Pizza

READY IN



165 min.

SERVINGS



8

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce yeast dry
- 0.5 cup butter
- 2 tablespoons cream cheese
- 2 cups flour all-purpose
- 1 teaspoon garlic powder
- 0.5 pint cup heavy whipping cream
- 1.5 cups mozzarella cheese
- 0.8 cup parmesan cheese grated
- 0.3 cup vegetable oil

1 cup water (105 to 115 degrees)

Equipment

bowl

frying pan

sauce pan

oven

pizza pan

Directions

In a bowl, mix the water, oil, and yeast. Stir in the flour.

Roll into a ball, and transfer to a well-oiled bowl. Allow to rise 1 hour in a warm location, or until doubled in size.

Thoroughly grease a deep dish pizza pan. Punch down dough, and transfer to the pan. Cover dough with a cloth, and allow crust to rise 25 minutes, until puffy.

Preheat oven to 450 degrees F (230 degrees C).

In a saucepan over low heat, mix the cream, butter, and cream cheese, stirring constantly, until melted and well-blended.

Mix in Parmesan cheese and garlic powder. Continue to cook and stir 15 minutes, or until Parmesan is lightly browned.

Spread over the pizza crust. Top with mozzarella cheese.

Bake 35 minutes in the preheated oven, until crust is lightly browned.

Nutrition Facts


■ PROTEIN 9.83% ■ FAT 68.41% ■ CARBS 21.76%

Properties

Glycemic Index:23, Glycemic Load:17.45, Inflammation Score:-7, Nutrition Score:11.26869555012%

Nutrients (% of daily need)

Calories: 495.52kcal (24.78%), Fat: 37.94g (58.36%), Saturated Fat: 20.14g (125.87%), Carbohydrates: 27.16g (9.05%), Net Carbohydrates: 26.04g (9.47%), Sugar: 1.32g (1.47%), Cholesterol: 92.33mg (30.78%), Sodium: 409.11mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.52%), Selenium: 18.95µg (27.06%), Vitamin B1: 0.36mg (24.05%), Calcium: 221.5mg (22.15%), Vitamin A: 1061.01IU (21.22%), Vitamin B2: 0.35mg (20.64%), Folate: 82.06µg (20.52%), Phosphorus: 199.16mg (19.92%), Vitamin K: 15.28µg (14.56%), Manganese: 0.23mg (11.73%), Vitamin B12: 0.69µg (11.42%), Vitamin B3: 2.26mg (11.31%), Zinc: 1.42mg (9.5%), Iron: 1.66mg (9.24%), Vitamin E: 1.3mg (8.66%), Magnesium: 18.1mg (4.52%), Fiber: 1.12g (4.46%), Vitamin B5: 0.43mg (4.31%), Vitamin D: 0.6µg (4.03%), Potassium: 115.87mg (3.31%), Copper: 0.07mg (3.28%), Vitamin B6: 0.06mg (3.07%)