



Deep-Dish Italian Meatball Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs soft toasted
- ☐ 1 egg whites
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 10 ounce spinach frozen thawed chopped
- ☐ 1 clove garlic minced
- ☐ 0.8 pound ground round
- ☐ 1 cup nonfat cottage cheese
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 3 tablespoons pepper rings hot chopped

- ☐ 0.5 uncook pizza crust plain
- ☐ 2 ounces provolone cheese shredded divided reduced-fat
- ☐ 0.5 cup ricotta cheese
- ☐ 1 cup tomato sauce italian divided

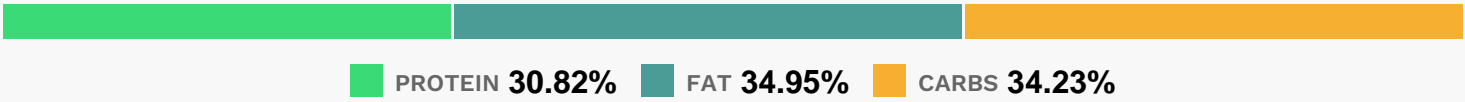
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Press pizza crust dough into bottom and up sides of a 9-inch round cakepan coated with cooking spray. Coat dough with cooking spray (to help crust brown).
- ☐ Bake at 425 on bottom rack of oven for 10 minutes.
- ☐ Drain spinach, and press between paper towels to remove excess moisture.
- ☐ Combine spinach and next 3 ingredients; stir well.
- ☐ Add breadcrumbs, Parmesan cheese, and egg white, stirring well. Shape mixture into 12 meatballs. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add meatballs, and cook 8 to 10 minutes or until browned.
- ☐ Drain and pat dry with paper towels.
- ☐ Spread 1/2 cup Classic Italian Tomato Sauce over crust, leaving a 1/2-inch border.
- ☐ Combine cottage cheese, ricotta cheese, 1/4 cup provolone cheese, and pepper rings.
- ☐ Spread half of cheese mixture over tomato sauce. Arrange meatballs over cheese mixture. Spoon remaining 1/2 cup tomato sauce and remaining cheese mixture around meatballs.
- ☐ Bake at 425 on bottom rack of oven for 15 minutes.
- ☐ Sprinkle with remaining 1/4 cup provolone cheese, and bake 5 additional minutes or until cheese melts.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.46, Inflammation Score:-10, Nutrition Score:33.802173904751%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 534.04kcal (26.7%), Fat: 20.77g (31.95%), Saturated Fat: 10.27g (64.2%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 41.3g (15.02%), Sugar: 5.5g (6.11%), Cholesterol: 87mg (29%), Sodium: 1162.92mg (50.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.2g (82.41%), Vitamin K: 267.65µg (254.9%), Vitamin A: 8865.11IU (177.3%), Selenium: 36.48µg (52.12%), Phosphorus: 476.01mg (47.6%), Calcium: 426.8mg (42.68%), Vitamin B12: 2.54µg (42.33%), Zinc: 6.01mg (40.08%), Vitamin B2: 0.66mg (38.97%), Manganese: 0.74mg (37.23%), Folate: 138.52µg (34.63%), Iron: 6.18mg (34.35%), Vitamin B3: 6.34mg (31.71%), Vitamin B6: 0.56mg (27.88%), Magnesium: 101.6mg (25.4%), Potassium: 880.19mg (25.15%), Vitamin E: 3.31mg (22.04%), Vitamin B1: 0.27mg (18.05%), Fiber: 4.44g (17.78%), Copper: 0.3mg (15.15%), Vitamin B5: 1.25mg (12.49%), Vitamin C: 8.47mg (10.27%), Vitamin D: 0.23µg (1.54%)