

Easy White Pizza

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings kosher salt and pepper black freshly ground
- 4 servings garlic-flavored olive oil
- 2 teaspoons oregano leaves fresh plus more for garnish chopped
- 1 pound pizza dough frozen thawed at room temperature
- 3 cups mozzarella cheese shredded
- 0.5 cup milk ricotta whole

Equipment

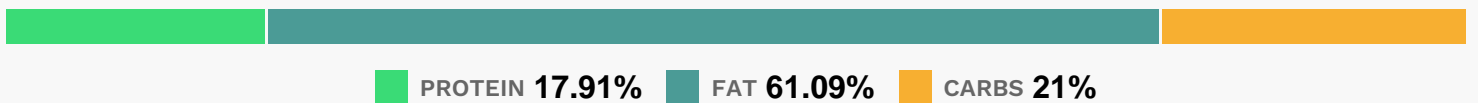
- frying pan

- oven
- pizza pan

Directions

- Watch how to make this recipe.
- Special equipment: 14-inch round pizza pan
- Preheat the oven to 400 degrees F. Adjust the oven rack to the lower third of the oven.
- Brush the pizza pan with oil. On a work surface, using your hands, press the pizza dough into a large flat disk and transfer it to the greased pan. Using your fingers, press the dough out until it has stretched to the perimeter of the pan. Create a dough "lip" around the outer edges of the pan.
- Brush the entire surface of the dough lightly with garlic oil and pierce the bottom of the crust all over with a fork, to prevent bubbling.
- Evenly spread the mozzarella over the crust. Using 2 spoons, dollop teaspoon-sized mounds of ricotta evenly over the mozzarella. Season with salt and pepper, to taste, and evenly sprinkle the chopped oregano over the top.
- Bake in the lower third of the oven until the crust is golden brown and cheese is bubbly and browning on top, 25 to 30 minutes. Cool on the pan for 10 minutes before garnishing with additional oregano and slicing into 8 pieces.
- Cook's Note: Try buying fresh pizza dough from your local pizzeria; just be sure to let it sit out at room temperature for a few minutes, as warmer dough is easier to work with.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.06, Inflammation Score:-9, Nutrition Score:21.972173841103%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 700.87kcal (35.04%), Fat: 47.72g (73.42%), Saturated Fat: 18.41g (115.05%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 33.98g (12.36%), Sugar: 6.42g (7.14%), Cholesterol: 85.9mg (28.63%), Sodium: 1045.71mg (45.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Calcium: 681.25mg (68.13%), Selenium: 39.29µg (56.13%), Phosphorus: 532.79mg (53.28%), Vitamin B12: 2.96µg (49.41%), Vitamin B2: 0.58mg (33.99%), Zinc: 4.1mg (27.35%), Vitamin E: 3.52mg (23.47%), Vitamin K: 24.32µg (23.16%), Manganese: 0.42mg (20.95%), Vitamin A: 1022.63IU (20.45%), Vitamin B1: 0.28mg (18.9%), Iron: 3.4mg (18.89%), Copper: 0.27mg (13.73%), Vitamin B3: 2.66mg (13.29%), Folate: 51.36µg (12.84%), Magnesium: 49.41mg (12.35%), Fiber: 2.95g (11.78%), Potassium: 296.02mg (8.46%), Vitamin B6: 0.15mg (7.73%), Vitamin B5: 0.49mg (4.91%), Vitamin D: 0.67µg (4.48%), Vitamin C: 1.38mg (1.68%)