



Four Cheese Flatbread Pizzas

READY IN



25 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 flat parsely
- 2 tablespoons olive oil
- 0.5 cup tomato sauce organic (from 15-oz can)
- 8 oz mozzarella cheese shredded
- 4 oz fontina shredded
- 1 oz parmesan shredded
- 1 oz goat cheese crumbled (goat)

Equipment

baking sheet

oven

Directions

Heat oven to 400°F. Spray 2 large cookie sheets with cooking spray.

Place 2 flatbreads on each cookie sheet; brush evenly with oil.

Bake 5 minutes.

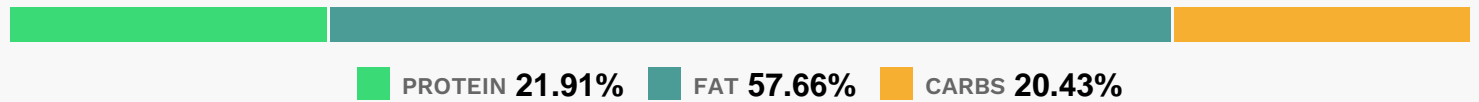
Remove flatbreads from oven. Increase oven temperature to 450°F.

Spread 2 tablespoons pizza sauce on each flatbread.

Sprinkle each with 1/2 cup mozzarella cheese, 1/4 cup fontina cheese, 1 tablespoon Parmesan cheese and 1 tablespoon goat cheese.

Bake 5 to 7 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:21.8, Inflammation Score:-6, Nutrition Score:13.763043372527%

Flavonoids

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

Nutrients (% of daily need)

Calories: 506.1kcal (25.31%), Fat: 32.39g (49.82%), Saturated Fat: 16.14g (100.88%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 24.48g (8.9%), Sugar: 2.23g (2.48%), Cholesterol: 85.76mg (28.59%), Sodium: 1081.62mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.68g (55.36%), Calcium: 574.85mg (57.48%), Phosphorus: 413.2mg (41.32%), Vitamin B12: 1.87µg (31.13%), Selenium: 15.73µg (22.47%), Zinc: 3.31mg (22.08%), Vitamin B2: 0.33mg (19.26%), Vitamin A: 903.29IU (18.07%), Manganese: 0.25mg (12.73%), Vitamin E: 1.66mg (11.08%), Vitamin B1: 0.14mg (9.66%), Magnesium: 34.55mg (8.64%), Copper: 0.17mg (8.49%), Iron: 1.4mg (7.78%), Vitamin K: 7.36µg (7.01%), Vitamin B3: 1.31mg (6.56%), Potassium: 208.62mg (5.96%), Vitamin B6: 0.11mg (5.61%), Fiber: 1.34g (5.36%), Vitamin B5: 0.54mg (5.35%), Folate: 19.37µg (4.84%), Vitamin D: 0.46µg (3.07%), Vitamin C: 2.14mg (2.6%)