



## Four-Cheese Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10 ounce bread flour ( 2 cups plus 2 tablespoons)
- ☐ 2.3 teaspoons yeast dry
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 1 ounce gorgonzola cheese crumbled
- ☐ 0.5 teaspoon kosher salt
- ☐ 7 teaspoons olive oil divided
- ☐ 1 ounce parmigiano-reggiano cheese finely grated
- ☐ 3 ounces part-skim ricotta cheese (such as Calabro)

- ☐ 1.3 ounces taleggio cheese thinly sliced
- ☐ 1 cup warm water divided (100° to 110°)
- ☐ 1 tablespoon cornmeal yellow

## Equipment

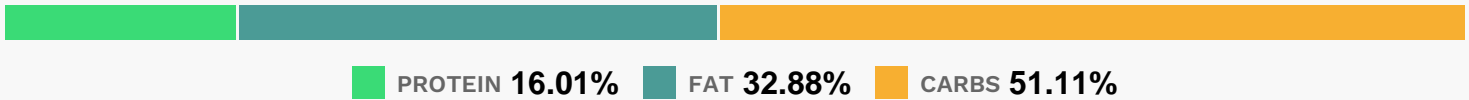
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ stand mixer
- ☐ spatula
- ☐ measuring cup
- ☐ pizza stone

## Directions

- ☐ Pour 3/4 cup warm water in the bowl of a stand mixer with dough hook attached. Weigh or lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add flour to 3/4 cup water; mix until combined. Cover and let stand 20 minutes.
- ☐ Combine remaining 1/4 cup water and yeast in a small bowl; let stand 5 minutes or until bubbly.
- ☐ Add yeast mixture, 4 teaspoons oil, and salt to flour mixture; mix 5 minutes or until a soft dough forms.
- ☐ Place dough in a large bowl coated with cooking spray; cover surface of dough with plastic wrap lightly coated with cooking spray. Refrigerate 24 hours.
- ☐ Remove dough from refrigerator.
- ☐ Let stand, covered, 1 hour or until dough comes to room temperature. Punch dough down. Press dough out to a 12-inch circle on a lightly floured baking sheet, without raised sides, sprinkled with cornmeal. Crimp edges to form a 1/2-inch border. Cover dough loosely with plastic wrap.

- ☐ Position an oven rack in the lowest setting.
- ☐ Place a pizza stone on lowest rack. Preheat oven to 55
- ☐ Preheat stone 30 minutes before baking dough.
- ☐ Remove plastic wrap from dough.
- ☐ Combine remaining 1 tablespoon oil and garlic; gently brush garlic mixture evenly over dough, leaving a 1/2-inch border.
- ☐ Spread ricotta evenly over dough; arrange taleggio and Gorgonzola evenly over ricotta. Top with Parmigiano-Reggiano. Slide pizza onto preheated pizza stone, using a spatula as a guide.
- ☐ Bake at 550 for 10 minutes or until crust is golden.
- ☐ Cut pizza into 10 wedges; sprinkle with chives.

## Nutrition Facts



## Properties

Glycemic Index:52.9, Glycemic Load:27.9, Inflammation Score:-5, Nutrition Score:9.7895651589269%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 357.53kcal (17.88%), Fat: 13g (20%), Saturated Fat: 5.05g (31.53%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 43.44g (15.8%), Sugar: 0.39g (0.43%), Cholesterol: 18.98mg (6.33%), Sodium: 498.39mg (21.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Selenium: 28.14µg (40.21%), Manganese: 0.53mg (26.41%), Calcium: 199.17mg (19.92%), Phosphorus: 166.43mg (16.64%), Vitamin B1: 0.22mg (14.67%), Folate: 58.15µg (14.54%), Vitamin B2: 0.17mg (9.93%), Zinc: 1.24mg (8.26%), Fiber: 2.02g (8.09%), Vitamin E: 1.08mg (7.23%), Copper: 0.14mg (7.16%), Vitamin A: 344.72IU (6.89%), Vitamin B3: 1.3mg (6.48%), Vitamin B5: 0.64mg (6.37%), Magnesium: 25.2mg (6.3%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.11mg (5.65%), Iron: 0.85mg (4.7%), Potassium: 133.99mg (3.83%), Vitamin B12: 0.19µg (3.13%), Vitamin C: 1.7mg (2.06%)