



## Garlic Mashed Potato Pizza with Arugula and Fennel Salad

READY IN



70 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 anchovies chopped
- 1 cup arugula
- 4 tablespoons butter
- 2 celery stalks thinly sliced
- 0.5 cup cheddar cheese grated
- 0.5 fennel bulb thinly sliced
- 4 cloves garlic
- 6 servings kosher salt and pepper black freshly ground

- 2 teaspoons juice of lemon
- 0.5 cup milk
- 1 tablespoon olive oil
- 1 small onion sliced
- 0.3 cup parmesan cheese shaved
- 6 ounces pizza dough prepared
- 6 servings salt and pepper
- 1 spicy sausage sweet italian
- 4 yukon gold potatoes quartered

## Equipment

- frying pan
- baking sheet
- baking paper
- oven
- whisk
- pot
- hand mixer
- potato masher
- rolling pin

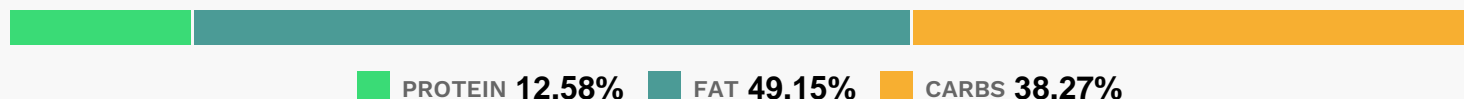
## Directions

- Special equipment: Parchment paper Potato masher or hand mixer
- Preheat oven to 400 degrees F.
- Place the potatoes and garlic cloves in a large pot of salted water. Bring to a boil and cook until the potatoes are fork tender.
- Drain and add the potatoes and garlic back into the pot.
- Add the butter and milk and mash with a masher or a hand mixer. Keep the mashed potatoes a little bit chunky, not perfectly smooth. Season the potato mixture with salt and pepper, to

taste.

- Heat 1 tablespoon olive oil in a skillet over medium heat.
- Add the onions and cook until browned, about 6 minutes. Stir in the anchovies and cook for 2 more minutes, until anchovies 'melt' into the onions.
- Remove the onions from the pan and add in the sausage. Cook the sausage until browned and cooked through, about 6 to 8 minutes. Slice the sausage into thin rounds.
- On a lightly-floured surface, using a lightly-floured rolling pin, roll out the pizza dough into a 1/4-inch thick round.
- Transfer the dough to a parchment-lined baking sheet and bake in the oven for 10 minutes.
- Top the pizza crust with the onions.
- Spread the mashed potatoes over the onions and top with sausage slices and Cheddar cheese.
- Bake in the oven for 20 minutes. Slice and divide between 2 plates.
- Serve with the arugula salad on the side.
- To make the arugula salad: whisk together the lemon juice, olive oil and salt, and pepper, to taste. Toss the arugula, fennel, and celery in the dressing. Divide the salad between 2 plates and top with shaved Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:75.29, Glycemic Load:15.82, Inflammation Score:-6, Nutrition Score:13.049565284149%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg, Kaempferol: 2.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

## Nutrients (% of daily need)

Calories: 394.04kcal (19.7%), Fat: 21.85g (33.61%), Saturated Fat: 10.4g (64.98%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 34.41g (12.51%), Sugar: 5.1g (5.67%), Cholesterol: 50.14mg (16.71%), Sodium: 753.16mg (32.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Vitamin C: 27.71mg (33.59%), Vitamin B6: 0.47mg (23.43%), Phosphorus: 207.95mg (20.79%), Vitamin K: 21.09µg (20.08%), Potassium: 700.5mg (20.01%), Calcium: 185.47mg (18.55%), Fiber: 3.87g (15.47%), Vitamin B1: 0.23mg (15.17%), Manganese: 0.3mg (14.97%), Selenium: 10.28µg (14.69%), Iron: 2.26mg (12.58%), Vitamin B3: 2.29mg (11.46%), Magnesium: 43.47mg (10.87%), Vitamin B2: 0.17mg (10.29%), Vitamin A: 508.62IU (10.17%), Zinc: 1.35mg (9.01%), Copper: 0.17mg (8.72%), Folate: 33.96µg (8.49%), Vitamin B12: 0.46µg (7.63%), Vitamin B5: 0.68mg (6.8%), Vitamin E: 0.8mg (5.36%), Vitamin D: 0.3µg (2.01%)