



Goat Cheese and Spinach Appetizer Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon fennel seeds crushed
- 4 ounces goat cheese with garlic and herbs
- 2 tablespoons parmesan cheese grated
- 0.5 cup part-skim ricotta cheese
- 12 inch pizza crust italian cheese-flavored thin (such as Boboli)
- 2 cups spinach leaves fresh thinly sliced
- 12 halves oil-packed sun-dried tomato halves drained chopped

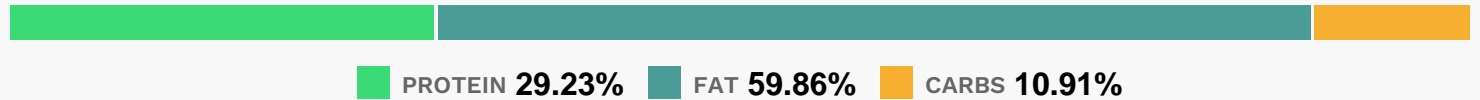
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 45
- Combine first 5 ingredients in a medium bowl; stir until well blended.
- Spread cheese mixture evenly over crust, leaving a 1/2-inch border. Top with tomatoes, Parmesan cheese, and 1/4 teaspoon pepper.
- Place on a baking sheet, and bake at 450 for 8 to 10 minutes or until browned and bubbly.
- Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:3.8252173675143%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 54.99kcal (2.75%), Fat: 3.74g (5.75%), Saturated Fat: 2.13g (13.28%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.26g (0.46%), Sugar: 0.51g (0.57%), Cholesterol: 8.78mg (2.93%), Sodium: 72.2mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin K: 24.9µg (23.72%), Vitamin A: 622.44IU (12.45%), Calcium: 61.01mg (6.1%), Phosphorus: 54.87mg (5.49%), Copper: 0.1mg (4.76%), Vitamin B2: 0.07mg (4.27%), Manganese: 0.09mg (4.26%), Selenium: 2.39µg (3.41%), Folate: 12.91µg (3.23%), Iron: 0.47mg (2.64%), Magnesium: 9.64mg (2.41%), Potassium: 81.07mg (2.32%), Vitamin C: 1.81mg (2.2%), Zinc: 0.31mg (2.08%), Vitamin B6: 0.04mg (2%), Vitamin B1: 0.02mg (1.24%), Vitamin B5: 0.12mg (1.17%), Fiber: 0.28g (1.11%)