



Individual Spooky White Pizzas

READY IN



35 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 olives black pitted ends trimmed cut into 3 rounds
- ☐ 1 clove garlic finely grated
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 1 pound pizza dough prepared
- ☐ 1 cup ricotta cheese
- ☐ 6 ounces mozzarella cheese shredded

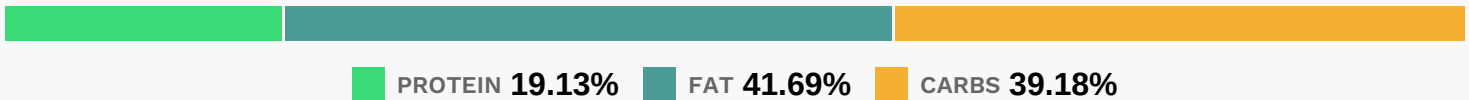
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 450 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Divide the pizza dough into 4 pieces. Working with one piece of dough at a time, roll and stretch on a lightly floured surface into an 8- to 9-inch oval.
- ☐ Transfer to a prepared baking sheet and pull the end of the dough to one side into a tapered end to create a ghost shape. Repeat with the remaining dough, putting 2 ghosts on each baking sheet. Don't worry if they all look slightly different-- it will give the ghosts personality.
- ☐ Mix the oil and garlic together in a small bowl and evenly brush over the 4 ghosts; sprinkle with a total of 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bake until the crusts are golden and set, 10 to 12 minutes, rotating the pans top to bottom halfway through the baking time.
- ☐ Mix the ricotta, Parmesan and Italian seasoning together in a small bowl and spread over the ghosts, stopping about 1/2-inch from the edge.
- ☐ Sprinkle with the mozzarella and return to the oven until the ghosts are hot and the cheese has melted, about 5 minutes more.
- ☐ Place 2 pieces of olive on each ghost for the eyes and 1 piece on each for a mouth.
- ☐ Transfer the ghosts to individual plates and serve.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.92, Inflammation Score:-4, Nutrition Score:10.128260927356%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 585.85kcal (29.29%), Fat: 27.35g (42.08%), Saturated Fat: 13.55g (84.67%), Carbohydrates: 57.81g (19.27%), Net Carbohydrates: 55.83g (20.3%), Sugar: 7.74g (8.6%), Cholesterol: 70.88mg (23.63%), Sodium: 1334.76mg (58.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.24g (56.48%), Calcium: 449.66mg (44.97%), Phosphorus: 308.16mg (30.82%), Selenium: 18.25µg (26.08%), Vitamin B12: 1.28µg (21.34%), Iron: 3.71mg (20.59%), Vitamin B2: 0.27mg (15.97%), Zinc: 2.21mg (14.72%), Vitamin A: 649.03IU (12.98%), Fiber: 1.98g (7.92%), Vitamin E: 0.87mg (5.81%), Vitamin K: 5.7µg (5.42%), Magnesium: 20.47mg (5.12%), Potassium: 114.29mg (3.27%), Vitamin B6: 0.06mg (3.17%), Folate: 11.75µg (2.94%), Manganese: 0.06mg (2.8%), Vitamin B5: 0.24mg (2.39%), Vitamin D: 0.34µg (2.24%), Vitamin B1: 0.03mg (1.8%), Copper: 0.03mg (1.52%)