



Layered Pear Pizza with Ricotta, Apricot Preserves, and Granola

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.5 cup cereal
- ☐ 4 servings mint leaves
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 2 pears cored ripe peeled thinly sliced
- ☐ 9 10-inch pie crust refrigerated

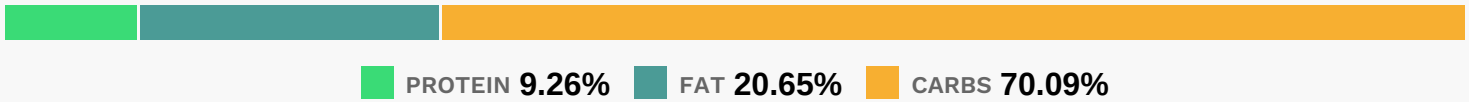
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ In a bowl, microwave the apricot preserves for 15 seconds.
- ☐ Unroll the refrigerated pie crust onto a large baking sheet.
- ☐ Spread the ricotta cheese all over pie crust, to within 1/4-inch of the edges. Top ricotta with pear slices, slightly fanning out the pears.
- ☐ Brush pears with apricot preserves.
- ☐ Bake for 10 to 12 minutes, or until the crust is golden brown. Top the pizza with granola just before serving and garnish with fresh mint, if desired.

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:3.96, Inflammation Score:-3, Nutrition Score:6.8334782052299%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 247.28kcal (12.36%), Fat: 5.98g (9.2%), Saturated Fat: 2.07g (12.97%), Carbohydrates: 45.66g (15.22%), Net Carbohydrates: 41.88g (15.23%), Sugar: 24.72g (27.47%), Cholesterol: 9.61mg (3.2%), Sodium: 66.01mg (2.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Manganese: 0.49mg (24.4%), Fiber: 3.78g (15.11%), Selenium: 8.62µg (12.32%), Phosphorus: 115.48mg (11.55%), Calcium: 114.22mg (11.42%), Vitamin C: 6.76mg (8.2%), Copper: 0.16mg (8.11%), Vitamin B2: 0.12mg (7.11%), Magnesium: 27.08mg (6.77%), Iron: 1.21mg (6.75%), Potassium: 231.8mg (6.62%), Zinc: 0.85mg (5.66%), Vitamin E: 0.76mg (5.1%), Vitamin A: 244.42IU (4.89%), Vitamin B1: 0.07mg (4.76%), Vitamin K: 4.97µg (4.73%), Folate: 18.46µg (4.61%), Vitamin B6: 0.06mg (2.93%), Vitamin B5: 0.22mg (2.24%), Vitamin B3: 0.4mg (2%), Vitamin B12: 0.1µg (1.68%)