



New potato & rosemary pizza

READY IN



30 min.

SERVINGS



2

CALORIES



1433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 225 g new potatoes thinly sliced
- ☐ 2 tbsp olive oil
- ☐ 2 sprigs rosemary
- ☐ 2 pizza base
- ☐ 85 g round of président brie diced

Equipment

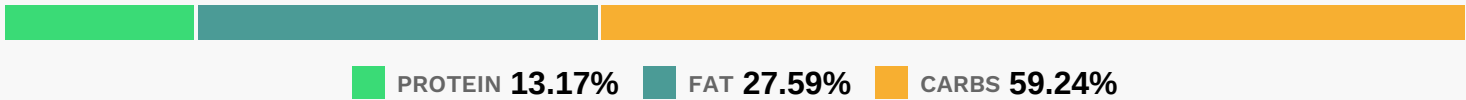
- ☐ bowl
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Heat a pan of water, tip in the potato slices and simmer for 5 mins until just cooked through.
- ☐ Drain really well. Tip into a bowl with the olive oil and rosemary.
- ☐ Mix together well so that the potatoes are completely coated in the oil.
- ☐ Place the pizza bases on a baking sheet. Scatter the cheese over the pizza base, then arrange the potato mixture on top. Season with salt and pepper, then bake for 20 mins, until the pizza base is golden and the potatoes are starting to brown.

Nutrition Facts



Properties

Glycemic Index:90.38, Glycemic Load:14.45, Inflammation Score:-3, Nutrition Score:15.570000000622%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 1432.64kcal (71.63%), Fat: 43.87g (67.49%), Saturated Fat: 18.35g (114.71%), Carbohydrates: 211.89g (70.63%), Net Carbohydrates: 203.39g (73.96%), Sugar: 7.05g (7.83%), Cholesterol: 42.5mg (14.17%), Sodium: 2374.39mg (103.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.11g (94.23%), Iron: 11.97mg (66.49%), Calcium: 453.08mg (45.31%), Fiber: 8.5g (33.99%), Vitamin C: 22.22mg (26.94%), Vitamin B6: 0.43mg (21.67%), Potassium: 539.32mg (15.41%), Vitamin B2: 0.26mg (15.14%), Phosphorus: 144.1mg (14.41%), Vitamin E: 2.13mg (14.2%), Vitamin B12: 0.7µg (11.69%), Folate: 45.93µg (11.48%), Vitamin K: 11.54µg (10.99%), Manganese: 0.19mg (9.42%), Selenium: 6.5µg (9.29%), Zinc: 1.34mg (8.94%), Magnesium: 34.6mg (8.65%), Vitamin B1: 0.12mg (8.02%), Vitamin B3: 1.35mg (6.74%), Copper: 0.13mg (6.51%), Vitamin B5: 0.63mg (6.26%), Vitamin A: 256.98IU (5.14%), Vitamin D: 0.21µg (1.42%)