



Olive-Potato Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 1 garlic clove crushed
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 recipe pizza dough
- ☐ 0.8 pound potatoes red sliced
- ☐ 0.3 teaspoon salt

☐ 0.3 cup tomato sauce

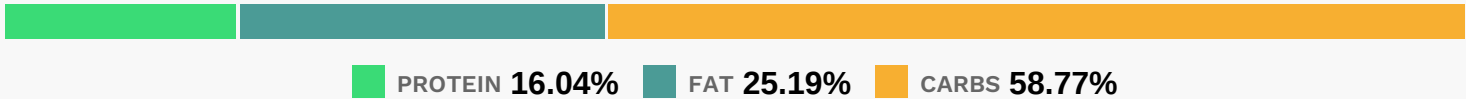
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 45
- ☐ Place the potato slices in a saucepan; cover with water. Bring to a boil; cook 7 minutes or until tender.
- ☐ Drain.
- ☐ Roll dough into a 12-inch circle on a lightly floured surface.
- ☐ Place the dough on a (12-inch) pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Combine the potato slices, tomato sauce, rosemary, salt, pepper, and garlic.
- ☐ Spread over the pizza crust, leaving a 1-inch border.
- ☐ Sprinkle pizza with cheese and olives.
- ☐ Bake at 450 for 15 minutes or until lightly browned.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:1.42, Inflammation Score:-4, Nutrition Score:7.7265217381975%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin:

0.57mg

Nutrients (% of daily need)

Calories: 273kcal (13.65%), Fat: 7.82g (12.03%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 37.76g (13.73%), Sugar: 5.06g (5.62%), Cholesterol: 13.61mg (4.54%), Sodium: 983.74mg (42.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.4%), Calcium: 187.74mg (18.77%), Phosphorus: 162.29mg (16.23%), Potassium: 471.01mg (13.46%), Fiber: 3.26g (13.05%), Iron: 2.33mg (12.93%), Vitamin C: 8.62mg (10.45%), Vitamin B6: 0.21mg (10.32%), Manganese: 0.17mg (8.48%), Copper: 0.17mg (8.34%), Magnesium: 30.82mg (7.7%), Zinc: 1mg (6.67%), Vitamin E: 0.96mg (6.39%), Vitamin B3: 1.27mg (6.36%), Vitamin B2: 0.11mg (6.25%), Vitamin B1: 0.09mg (5.95%), Selenium: 4.01µg (5.73%), Vitamin A: 278.34IU (5.57%), Folate: 20.03µg (5.01%), Vitamin K: 3.62µg (3.45%), Vitamin B5: 0.33mg (3.26%), Vitamin B12: 0.17µg (2.91%)