



Pizza Bianca

READY IN



45 min.

SERVINGS



5

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons thyme leaves fresh
- ☐ 0.3 cup goat cheese crumbled
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.8 cup part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 5 servings pizza dough refrigerated

Equipment

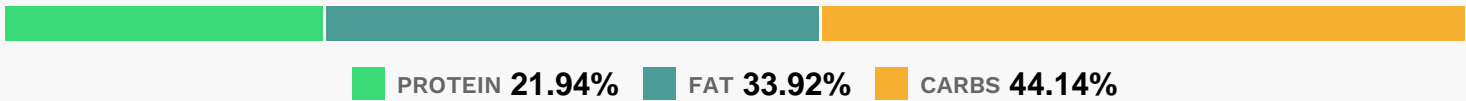
- ☐ baking sheet

- ☐ oven
- ☐ rolling pin

Directions

- ☐ Sprinkle prepared dough (see "All About Dough" below) with mozzarella cheese. Dollop ricotta cheese and goat cheese on dough. Top with Parmesan cheese and fresh thyme.
- ☐ Bake at 450 for 1215 minutes or until golden brown.
- ☐ Cut into 5 slices; serve.
- ☐ All About Dough
- ☐ Where to buy it: You can get refrigerated pizza dough at your local pizzeria or supermarket (Trader Joe's, Whole Foods, and Albertsons make great ones).
- ☐ Let dough sit at room temperature for 15 minutes before rolling it out, and arrange your oven rack at the lowest position. Then follow these directions, add toppings, and bake.
- ☐ Pizza prep: Preheat oven to 45
- ☐ Roll out 1 (1-pound) whole-wheat or regular store-bought pizza dough on a lightly floured surface with a floured rolling pin into a 13-inch round or 13- x 12-inch rectangle. Lightly spray a large baking sheet with olive oil; sprinkle with cornmeal.
- ☐ Transfer dough to prepared sheet.
- ☐ Roll up sides 1-inch to form a rim.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.13, Inflammation Score:-9, Nutrition Score:5.9595651756162%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg

Nutrients (% of daily need)

Calories: 268.32kcal (13.42%), Fat: 10.2g (15.69%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.61g (10.41%), Sugar: 3.94g (4.37%), Cholesterol: 27.14mg (9.05%), Sodium: 638.04mg

(27.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.84g (29.68%), Calcium: 249.04mg (24.9%), Phosphorus: 177.56mg (17.76%), Iron: 2.47mg (13.72%), Selenium: 7.68µg (10.98%), Vitamin B2: 0.17mg (10.26%), Vitamin A: 482.7IU (9.65%), Zinc: 1.07mg (7.15%), Copper: 0.14mg (6.99%), Vitamin C: 4.48mg (5.43%), Fiber: 1.25g (4.99%), Vitamin B12: 0.27µg (4.42%), Magnesium: 15.19mg (3.8%), Manganese: 0.07mg (3.46%), Vitamin B6: 0.07mg (3.3%), Potassium: 69.78mg (1.99%), Folate: 7.93µg (1.98%), Vitamin B5: 0.19mg (1.94%), Vitamin B1: 0.02mg (1.38%)