



Pizza Bianca with Arugula, Bacon, and Mushrooms

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 2 cups baby arugula
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 8 ounce button mushrooms whole quartered
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 6.8 ounces flour all-purpose divided
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 1.5 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta
- ☐ 1 teaspoon sugar
- ☐ 2 slices center-cut bacon
- ☐ 0.5 cup warm water (100° to 110°)
- ☐ 0.5 cup onion white thinly sliced
- ☐ 2 teaspoons cornmeal yellow

Equipment

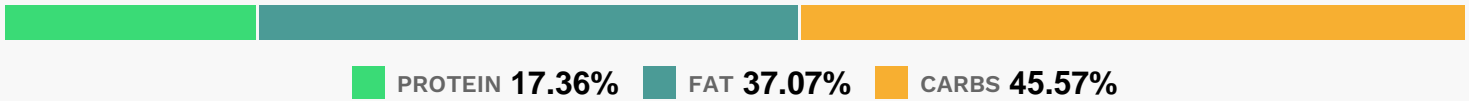
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ measuring cup

Directions

- ☐ To prepare dough, dissolve yeast and sugar in 1/2 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups, and level with a knife. Stir 1 1/4 cups flour and 1/4 teaspoon salt into yeast mixture to form a soft dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning dough to coat. Cover; let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Punch dough down; cover and let rest 5 minutes.
- ☐ Roll dough into a 14-inch circle on a lightly floured surface.

- ☐ Place dough on a pizza pan or baking sheet coated with cooking spray and sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Preheat oven to 45
- ☐ To prepare topping, cook bacon in a large nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from skillet, reserving 2 teaspoons of bacon drippings in pan. Crumble bacon; set aside.
- ☐ Add onion and mushrooms to pan; cook 10 minutes or until tender and moisture evaporates, stirring occasionally.
- ☐ Remove from heat; sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Drizzle oil over dough; sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place pan on lowest oven rack; bake at 450 for 10 minutes or until golden-brown.
- ☐ Remove from oven; spread ricotta evenly over crust, leaving a 1/2-inch rim. Arrange onion mixture and arugula evenly over ricotta.
- ☐ Sprinkle with bacon, mozzarella, and Parmesan.
- ☐ Bake an additional 10 minutes or until crust is lightly browned.
- ☐ Let stand 5 minutes before serving.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:9.49, Inflammation Score:-4, Nutrition Score:6.0495652297269%

Flavonoids

Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg, Isorhamnetin: 0.48mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 132.13kcal (6.61%), Fat: 5.46g (8.4%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.12g (5.13%), Sugar: 1.19g (1.32%), Cholesterol: 10mg (3.33%), Sodium: 236.53mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.51%), Selenium: 10.91µg (15.58%), Vitamin B1: 0.23mg (15.33%),

Folate: 52.39µg (13.1%), Vitamin B2: 0.22mg (12.98%), Vitamin B3: 2.14mg (10.7%), Phosphorus: 91.41mg (9.14%), Calcium: 76.59mg (7.66%), Manganese: 0.15mg (7.44%), Iron: 1.02mg (5.65%), Vitamin B5: 0.52mg (5.22%), Copper: 0.1mg (5.05%), Vitamin K: 4.62µg (4.4%), Zinc: 0.63mg (4.17%), Fiber: 0.99g (3.94%), Potassium: 134.98mg (3.86%), Vitamin B6: 0.07mg (3.46%), Magnesium: 11.74mg (2.93%), Vitamin A: 144.91IU (2.9%), Vitamin B12: 0.11µg (1.78%), Vitamin C: 1.39mg (1.69%), Vitamin E: 0.24mg (1.58%)