



HEALTH SCORE

51%

Pizza Bianca with Goat Cheese and Greens



Vegetarian

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**638 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons yeast dry (from 1 envelope)
- ☐ 1 large garlic clove minced
- ☐ 1 cup goat cheese fresh crumbled soft
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 teaspoon salt
- ☐ 8 ounces mozzarella cheese grated
- ☐ 10 ounces swiss chard white

- ☐ 1.8 cups unbleached all purpose flour ()
- ☐ 0.8 cup water (105°F to 115°F)
- ☐ 4 servings cornmeal yellow

Equipment

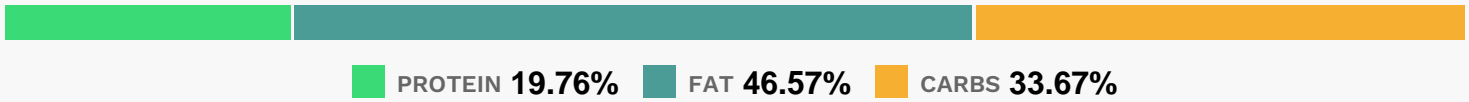
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ kitchen towels

Directions

- ☐ Pour 3/4 cup water into large bowl.
- ☐ Sprinkle yeast over; stir to blend.
- ☐ Let stand 10 minutes to dissolve yeast.
- ☐ Add oil and salt, then 1 1/2 cups flour. Stir until well blended (dough will be sticky). Turn dough out onto generously floured surface and knead until smooth and elastic, adding just enough flour to prevent dough from sticking, about 5 minutes (dough will be soft). Shape dough into ball; place in large oiled bowl and turn to coat. Cover bowl with kitchen towel.
- ☐ Let dough rise at cool room temperature until almost doubled, about 2 hours. Punch dough down; form into ball. Return to bowl; cover with towel and let rise until doubled, about 3 hours.
- ☐ Mix oil, garlic, and red pepper in small bowl.
- ☐ Let stand 1 hour.
- ☐ Cook chard in large pot of boiling salted water until just tender, about 2 minutes.
- ☐ Drain. Rinse under cold water; drain. Squeeze dry, then coarsely chop.
- ☐ Heat 2 tablespoons oil in small skillet over medium heat.
- ☐ Add garlic and stir 30 seconds.
- ☐ Add chard and stir 1 minute. Season to taste with salt.

- ☐ Preheat oven to 500°F. Punch down dough. Form into ball; place on floured work surface. Cover with kitchen towel; let rest 30 minutes.
- ☐ Sprinkle rimless baking sheet with cornmeal.
- ☐ Roll out dough on floured surface to 13-inch round.
- ☐ Transfer to baking sheet.
- ☐ Sprinkle mozzarella over dough, leaving 1-inch border. Scatter chard over mozzarella. Top with goat cheese.
- ☐ Brush crust edge with some of seasoned oil. Set aside 2 teaspoons seasoned oil; drizzle remaining oil over pizza.
- ☐ Bake pizza until crust is brown, about 15 minutes.
- ☐ Remove from oven; brush edge with seasoned oil and serve.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:33.100434852683%

Flavonoids

Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 637.99kcal (31.9%), Fat: 33.01g (50.79%), Saturated Fat: 16.92g (105.75%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 49.78g (18.1%), Sugar: 2.19g (2.43%), Cholesterol: 70.9mg (23.63%), Sodium: 1303.3mg (56.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.05%), Vitamin K: 595.13µg (566.79%), Vitamin A: 5342.38IU (106.85%), Phosphorus: 469.11mg (46.91%), Vitamin B2: 0.77mg (45.18%), Vitamin B1: 0.67mg (44.97%), Selenium: 31.23µg (44.61%), Calcium: 414.61mg (41.46%), Manganese: 0.79mg (39.5%), Folate: 151.54µg (37.88%), Copper: 0.67mg (33.38%), Iron: 5.54mg (30.8%), Vitamin C: 21.5mg (26.06%), Magnesium: 102.02mg (25.51%), Vitamin B12: 1.4µg (23.36%), Vitamin B3: 4.55mg (22.75%), Zinc: 3.24mg (21.59%), Vitamin E: 2.77mg (18.46%), Vitamin B6: 0.35mg (17.27%), Fiber: 3.92g (15.69%), Potassium: 433.95mg (12.4%), Vitamin B5: 1.05mg (10.5%), Vitamin D: 0.45µg (3.03%)