



## Pizza with Brie, Sage, and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound bread dough whole-wheat white frozen thawed
- ☐ 1 leaves sage fresh
- ☐ 6 servings pinenuts chopped
- ☐ 6 servings taleggio cheese

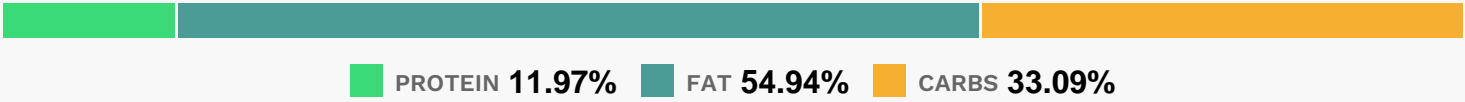
### Equipment

- ☐ baking sheet
- ☐ oven

## Directions

- ☐
- Preheat oven to 40
- ☐
- Flatten dough into a disk, and stretch to a 12-inch circle on a floured surface. Fold edge to form a 1/2-inch rim.
- ☐
- Transfer to an ungreased baking sheet, and prick several times with a fork.
- ☐
- Cut 5 ounces cheese into 1/2-inch pieces (including rind). Arrange on dough. Top with 3 tablespoons nuts and 2 teaspoons slivered sage.
- ☐
- Bake at 400 for 20 minutes, or until golden brown.
- ☐
- Cut into wedges, and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:3.33, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:8.3073913105156%

## Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg

## Nutrients (% of daily need)

Calories: 474.6kcal (23.73%), Fat: 29.28g (45.04%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 39.67g (13.22%), Net Carbohydrates: 36.18g (13.16%), Sugar: 0.78g (0.87%), Cholesterol: 23.7mg (7.9%), Sodium: 709.85mg (30.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Manganese: 1.02mg (51.24%), Copper: 0.5mg (24.88%), Calcium: 191.44mg (19.14%), Fiber: 3.48g (13.94%), Magnesium: 47.41mg (11.85%), Vitamin A: 591IU (11.82%), Phosphorus: 103.8mg (10.38%), Vitamin B6: 0.16mg (8.06%), Folate: 29.4µg (7.35%), Vitamin B1: 0.1mg (6.82%), Zinc: 0.93mg (6.18%), Iron: 0.87mg (4.85%), Potassium: 132.33mg (3.78%), Vitamin B2: 0.05mg (2.65%), Selenium: 1.47µg (2.1%), Vitamin B5: 0.17mg (1.71%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.21mg (1.4%)