



 **65%**
HEALTH SCORE

Potato Pizza

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



235 min.

SERVINGS



3

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups flour for dusting all-purpose plus more
- 2 sprigs rosemary fresh
- 3 servings olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin
- 3 servings freshly cracked pepper
- 1 teaspoon sugar raw
- 2 russet potatoes
- 1 teaspoon sea salt

- 3 servings sea salt
- 1 vidalia onion
- 10 ounces warm water
- 1 cup flour whole wheat
- 1 teaspoon yeast
- 1 tablespoon lard
- 1 tablespoon lard

Equipment

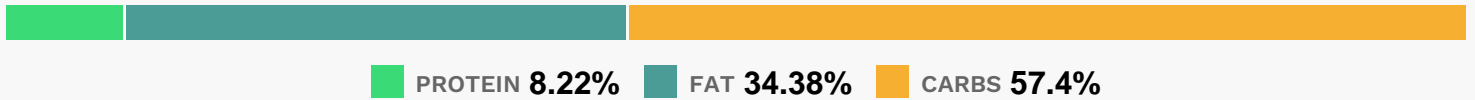
- bowl
- frying pan
- oven
- whisk
- pizza pan
- plastic wrap
- mandoline
- kitchen towels

Directions

- For the dough: In a medium bowl, mix the yeast with warm water and let sit for 5 minutes.
- Add 2 tablespoons olive oil, sugar and salt, and whisk. Set aside.
- In a large bowl, mix the all-purpose and whole wheat flours. Make a hole in the middle and pour in the yeast mixture. Slowly hand mix the flour until all the liquid is absorbed. If too wet, add more flour, 1/4 cup at a time.
- Sprinkle a clean work station with flour and knead the dough until smooth and elastic. Coat a large ceramic bowl with the remaining olive oil.
- Place the dough in the ceramic bowl, and flip over to coat in the oil. Cover the top of the dough with plastic wrap and cover the bowl with a dish towel.
- Let rise until the dough has doubled in size, 2 hours. Punch down the dough and let rise for another hour.

- For the toppings: Using a mandoline, slice the potatoes and onion. Roughly chop the rosemary leaves.
- Preheat the oven to 475 degrees F. Grease the pizza pan with the leaf lard.
- Mold the dough into the shape of the pan.
- Brush with some olive oil.
- Place the pizza on the bottom oven rack for 5 minutes, to pre-crisp the crust.
- Add two layers of the potatoes in a scallop style.
- Add the onions, sprinkle with salt and pepper and drizzle with some olive oil.
- Sprinkle with the rosemary and drizzle with more olive oil.
- Place on the middle oven rack and cook for 10 to 12 minutes.
- Remove from the oven. Immediately remove the pizza from the pan and cut into rectangles.

Nutrition Facts



Properties

Glycemic Index:63.92, Glycemic Load:54.7, Inflammation Score:-8, Nutrition Score:29.214782577251%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.02mg, Quercetin: 16.02mg, Quercetin: 16.02mg

Nutrients (% of daily need)

Calories: 767.54kcal (38.38%), Fat: 29.9g (46%), Saturated Fat: 4.18g (26.15%), Carbohydrates: 112.31g (37.44%), Net Carbohydrates: 103.19g (37.52%), Sugar: 8.08g (8.97%), Cholesterol: 0mg (0%), Sodium: 992.82mg (43.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.19%), Manganese: 2.38mg (118.98%), Selenium: 47.12µg (67.31%), Vitamin B1: 0.97mg (64.49%), Folate: 201.59µg (50.4%), Vitamin B6: 0.84mg (41.99%), Vitamin B3: 7.71mg (38.54%), Fiber: 9.12g (36.48%), Iron: 6.05mg (33.64%), Phosphorus: 325.01mg (32.5%), Vitamin E: 4.39mg (29.27%), Vitamin B2: 0.49mg (28.56%), Magnesium: 112.93mg (28.23%), Potassium: 948.06mg (27.09%), Copper: 0.48mg (24.2%), Vitamin K: 20.86µg (19.87%), Vitamin C: 13.41mg (16.25%), Zinc: 2.13mg (14.19%), Vitamin B5: 1.19mg (11.92%), Calcium: 68.34mg (6.83%)