



## Potato Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound bread dough) pizza crust dough refrigerated frozen thawed
- 2 tablespoons capers drained
- 0.3 cup feta cheese crumbled
- 1 teaspoon rosemary dried fresh crumbled crushed
- 4 servings salt and fresh-ground pepper
- 0.3 lb jack cheese shredded
- 1 tablespoon olive oil
- 0.5 cup onion thinly sliced
- 12 oz thin-skinned potatoes red

0.3 lb mozzarella cheese shredded

## Equipment

frying pan

oven

pizza pan

## Directions

Scrub potatoes and cut crosswise into 1/4-inch-thick slices.

Lay potatoes on a rack in a pan over at least 1 inch boiling water. Cover and steam potatoes over medium-high heat just until tender when pierced, 10 to 12 minutes.

Meanwhile, pat dough evenly to fit a lightly oiled 12-inch pizza pan.

Scatter mozzarella and jack cheese over crust.

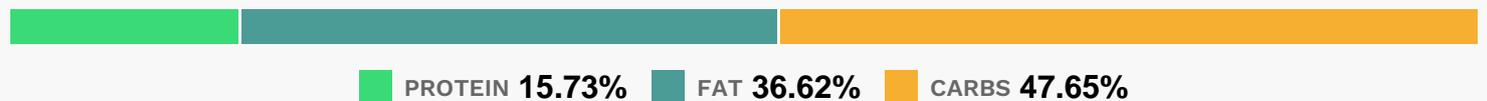
Lay potato slices in a single layer over cheese. Lightly sprinkle potatoes with salt and pepper. Scatter rosemary, onion, capers, and feta over pizza.

Drizzle with 1 tablespoon olive oil.

Bake on lowest rack in a 500 oven until bottom of crust is well browned, 12 to 15 minutes for bread dough, 9 to 10 minutes for pizza crust dough.

Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:27, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:11.806087048157%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 5.38mg, Kaempferol: 5.38mg, Kaempferol: 5.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

## Nutrients (% of daily need)

Calories: 603.94kcal (30.2%), Fat: 23.94g (36.83%), Saturated Fat: 10.92g (68.26%), Carbohydrates: 70.1g (23.37%), Net Carbohydrates: 65.97g (23.99%), Sugar: 2.4g (2.66%), Cholesterol: 55.97mg (18.66%), Sodium: 1308.78mg (56.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.28%), Calcium: 415.81mg (41.58%), Phosphorus: 315.92mg (31.59%), Vitamin B2: 0.31mg (18.08%), Vitamin B12: 1.04µg (17.34%), Fiber: 4.13g (16.51%), Selenium: 10.91µg (15.59%), Zinc: 2.28mg (15.18%), Potassium: 468.33mg (13.38%), Vitamin B6: 0.24mg (12.11%), Vitamin C: 8.97mg (10.87%), Magnesium: 37.16mg (9.29%), Vitamin A: 461.82IU (9.24%), Manganese: 0.16mg (8.19%), Copper: 0.15mg (7.61%), Folate: 30.14µg (7.54%), Vitamin B1: 0.11mg (7.07%), Vitamin K: 7.17µg (6.83%), Iron: 1.14mg (6.35%), Vitamin B3: 1.18mg (5.88%), Vitamin E: 0.7mg (4.64%), Vitamin B5: 0.45mg (4.53%), Vitamin D: 0.32µg (2.14%)