



Provençal Potato Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmesan fresh grated
- ☐ 0.1 teaspoon pepper
- ☐ 6 servings pizza dough
- ☐ 1.5 cups onion red thinly sliced
- ☐ 0.5 pound potatoes – remove skin red thinly sliced
- ☐ 0.3 teaspoon salt

- ☐ 6 ounces mozzarella cheese smoked plain shredded
- ☐ 0.3 ounce sun-dried olives packed (4)
- ☐ 0.3 cup water boiling

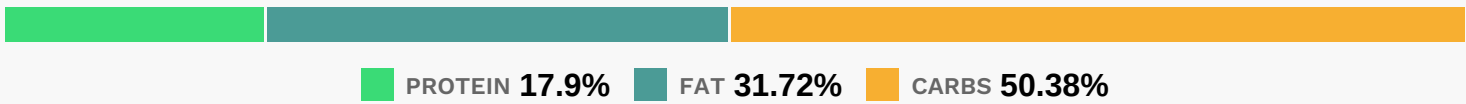
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine tomatoes and boiling water; let stand 30 minutes.
- ☐ Drain; thinly slice, and set aside.
- ☐ Combine oil and garlic in a small bowl; stir well.
- ☐ Combine 1 teaspoon oil mixture, potato slices, salt, and pepper in a bowl; toss well. Arrange potato slices in a single layer on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until tender. Set aside.
- ☐ Brush prepared Pizza Dough with remaining oil mixture. Arrange onion slices over dough, and top with sliced tomato. Arrange potato slices over tomato; sprinkle with cheeses.
- ☐ Bake at 500 for 10 to 15 minutes or until crust is golden.
- ☐ Remove from oven; sprinkle with sage.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.24, Inflammation Score:-4, Nutrition Score:11.565652119077%

Flavonoids

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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 303.39kcal (15.17%), Fat: 10.84g (16.68%), Saturated Fat: 5.19g (32.44%), Carbohydrates: 38.73g (12.91%), Net Carbohydrates: 36.31g (13.21%), Sugar: 6.5g (7.22%), Cholesterol: 25.61mg (8.54%), Sodium: 772.78mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Copper: 3.12mg (156.13%), Calcium: 221.4mg (22.14%), Phosphorus: 173.21mg (17.32%), Iron: 2.3mg (12.79%), Manganese: 0.25mg (12.48%), Vitamin B12: 0.7µg (11.72%), Fiber: 2.42g (9.66%), Selenium: 6.41µg (9.16%), Potassium: 303.65mg (8.68%), Vitamin C: 6.83mg (8.28%), Zinc: 1.2mg (8%), Vitamin B2: 0.13mg (7.42%), Vitamin B6: 0.14mg (6.86%), Magnesium: 24.35mg (6.09%), Vitamin A: 242.59IU (4.85%), Vitamin B1: 0.07mg (4.64%), Folate: 17.54µg (4.39%), Vitamin K: 3.38µg (3.22%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.24mg (2.44%), Vitamin E: 0.27mg (1.79%)