



Red Potato and Rosemary Pizza

READY IN



18 min.

SERVINGS



4

CALORIES



399 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings flour all-purpose
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons parmesan finely grated
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pizza dough whole-wheat room temperature
- ☐ 10 ounce potatoes - remove skin red scrubbed very thinly sliced
- ☐ 0.1 teaspoon salt

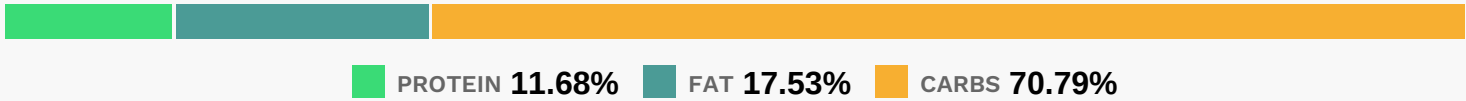
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place an oven rack on lowest position and preheat to 500F.
- ☐ On a lightly floured surface, roll dough into a 14-inch round. Generously sprinkle a baking sheet with cornmeal.
- ☐ Place dough on sheet.
- ☐ In a large bowl, stir together garlic and oil.
- ☐ Add potatoes, rosemary and salt. Top dough with potatoes, overlapping, leaving a 1/2-inch border.
- ☐ Sprinkle with Parmesan and pepper.
- ☐ Bake until cheese has melted and crust is crisp, about 13 minutes.
- ☐ Cut into 8 slices.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:4.24, Inflammation Score:-2, Nutrition Score:5.8739130503458%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 398.87kcal (19.94%), Fat: 7.88g (12.13%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 71.61g (23.87%), Net Carbohydrates: 68.36g (24.86%), Sugar: 7.99g (8.88%), Cholesterol: 1.7mg (0.57%), Sodium: 945.9mg (41.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.82g (23.64%), Iron: 4.04mg (22.43%), Fiber: 3.25g (12.98%), Potassium: 341.7mg (9.76%), Manganese: 0.18mg (8.97%), Vitamin B1: 0.12mg (7.94%), Vitamin C: 6.49mg (7.87%), Phosphorus: 70.42mg (7.04%), Vitamin B6: 0.14mg (6.9%), Folate: 27.51µg (6.88%), Vitamin B3: 1.28mg (6.38%), Copper: 0.11mg (5.6%), Selenium: 3.57µg (5.1%), Magnesium: 19.32mg (4.83%), Calcium: 41.9mg (4.19%), Vitamin K: 4.34µg (4.14%), Vitamin B2: 0.07mg (4.08%), Vitamin E: 0.52mg (3.48%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.37mg (2.48%)