



Ricotta Pizza Pie

READY IN



300 min.

SERVINGS



12

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 eggs mixed with 6 tablespoons water beaten
- 3 cups flour all-purpose
- 1 tablespoon kosher salt
- 6 tablespoons olive oil
- 2 tablespoons flat parsley italian chopped
- 0.5 cup pecorino cheese grated
- 1 pound ricotta cheese drained
- 1 cup soppressata such as sopressata, sliced or cut into 1/2-inch cubes

1 cup mozzarella cheese shredded (or mild cheddar or Gouda)

Equipment

bowl

oven

pie form

Directions

Preheat oven to 400°F.

Place the flour, salt, and olive oil in a large bowl and work it with your hands until the oil is incorporated and the mixture resembles crumbs.

Add the egg mixture and toss until the dough comes together in a dry mass. (

Add another tablespoon or two of water, if needed.) Knead until just smooth.

Flatten the dough into a disc; set aside.

In a large bowl, combine all the filling ingredients except 1 tablespoon of the eggs and 1 tablespoon of the pecorino.

Line the bottom and sides of a 9-inch-diameter pie dish with 2/3 of the dough (rolled out 1/8 inch thick), allowing for a 1-inch overhang.

Scrape the filling into the dish and top with the remaining 1/3 of the dough (rolled out to the same thickness). Press the edges together to seal, and cut slits in the top crust.

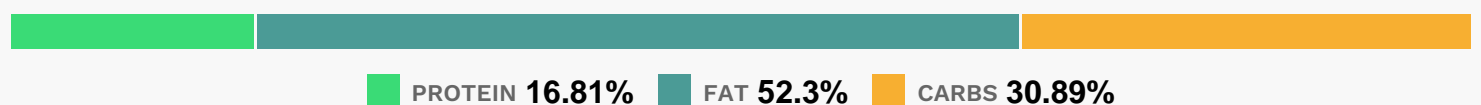
Brush with the reserved egg and sprinkle with the reserved cheese.

Bake for 10 minutes, then reduce heat to 350°F and bake until the top has puffed out, about 1 hour more.

Let cool 15 minutes before removing from the dish.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:17.72, Inflammation Score:-4, Nutrition Score:10.70304345048%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 334.79kcal (16.74%), Fat: 19.3g (29.7%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 24.76g (9.01%), Sugar: 0.35g (0.38%), Cholesterol: 65.7mg (21.9%), Sodium: 946.03mg (41.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.91%), Selenium: 22.91µg (32.74%), Vitamin B1: 0.35mg (23.05%), Vitamin B2: 0.34mg (19.72%), Phosphorus: 194.78mg (19.48%), Calcium: 181.45mg (18.14%), Folate: 67.33µg (16.83%), Vitamin K: 16.12µg (15.35%), Vitamin B3: 2.44mg (12.2%), Manganese: 0.24mg (12.04%), Vitamin B12: 0.72µg (11.95%), Iron: 2.01mg (11.17%), Zinc: 1.54mg (10.25%), Vitamin E: 1.18mg (7.86%), Vitamin A: 344.81IU (6.9%), Vitamin B6: 0.1mg (5.1%), Vitamin B5: 0.46mg (4.64%), Magnesium: 18.05mg (4.51%), Copper: 0.08mg (3.91%), Potassium: 134.51mg (3.84%), Fiber: 0.89g (3.55%), Vitamin D: 0.28µg (1.87%), Vitamin C: 0.89mg (1.07%)