



Ricotta Pizza Pie

READY IN



300 min.

SERVINGS



12

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

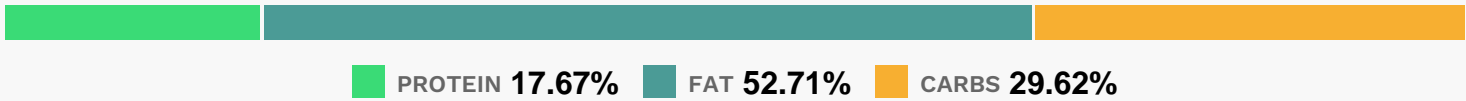
Equipment

- ☐ 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:11.714347854905%

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: 350.52kcal (17.53%), Fat: 20.35g (31.3%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 24.84g (9.03%), Sugar: 0.39g (0.43%), Cholesterol: 106.62mg (35.54%), Sodium: 961.65mg (41.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Selenium: 26.29µg (37.56%), Vitamin B1: 0.35mg (23.34%), Vitamin B2: 0.39mg (22.68%), Phosphorus: 216.56mg (21.66%), Calcium: 187.61mg (18.76%), Folate: 72.5µg (18.13%), Vitamin K: 16.15µg (15.39%), Vitamin B12: 0.81µg (13.58%), Iron: 2.2mg (12.24%), Vitamin B3: 2.45mg (12.24%), Manganese: 0.24mg (12.2%), Zinc: 1.68mg (11.19%), Vitamin E: 1.29mg (8.63%), Vitamin A: 404.21IU (8.08%), Vitamin B5: 0.63mg (6.33%), Vitamin B6: 0.12mg (6.04%), Magnesium: 19.37mg (4.84%), Copper: 0.09mg (4.3%), Potassium: 149.69mg (4.28%), Fiber: 0.89g (3.55%), Vitamin D: 0.5µg (3.34%), Vitamin C: 0.89mg (1.07%)