



Roasted Beet and Goat Cheese Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings base
- ☐ 6 ounces roasted beets sliced
- ☐ 1 pound dough fresh
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 3 tablespoons goat cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons walnut halves toasted
- ☐ 8 servings toppings
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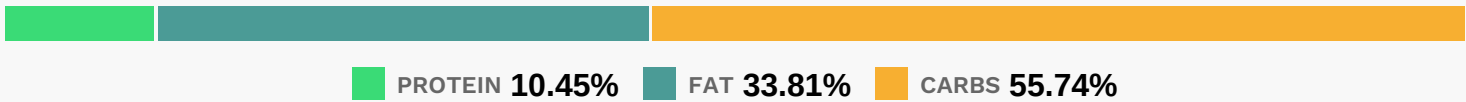
Equipment

☐ oven

Directions

- ☐ Roll dough into a 14-inch base
- ☐ Add ingredients to dough base
- ☐ Bake according to package directions
- ☐ Cut into 8 slices each

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:11.91, Inflammation Score:-4, Nutrition Score:8.5691304822331%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 234.59kcal (11.73%), Fat: 8.79g (13.52%), Saturated Fat: 2.1g (13.11%), Carbohydrates: 32.59g (10.86%), Net Carbohydrates: 30.64g (11.14%), Sugar: 1.84g (2.04%), Cholesterol: 2.45mg (0.82%), Sodium: 550.43mg (23.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Manganese: 0.48mg (23.93%), Vitamin B1: 0.33mg (22.18%), Selenium: 13.97µg (19.95%), Folate: 79.22µg (19.8%), Vitamin K: 19.11µg (18.2%), Vitamin B2: 0.23mg (13.58%), Iron: 2.29mg (12.74%), Vitamin B3: 2.49mg (12.46%), Copper: 0.17mg (8.64%), Phosphorus: 80.27mg (8.03%), Fiber: 1.96g (7.83%), Magnesium: 21.16mg (5.29%), Potassium: 138.55mg (3.96%), Zinc: 0.53mg (3.53%), Vitamin B6: 0.07mg (3.37%), Vitamin C: 2.42mg (2.93%), Vitamin A: 146.25IU (2.92%), Vitamin B5: 0.27mg (2.68%), Vitamin E: 0.35mg (2.33%), Calcium: 22.66mg (2.27%)