



Roasted Beet and White Cheddar Pizza

READY IN



55 min.

SERVINGS



8

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup baby spinach fresh
- ☐ 3 medium beets peeled cut into 1/8-inch slices
- ☐ 8 servings sea salt to taste
- ☐ 4 tablespoons olive oil
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 2 oz mozzarella cheese shredded
- ☐ 8 servings salt to taste
- ☐ 2 oz cheddar cheese white shaved

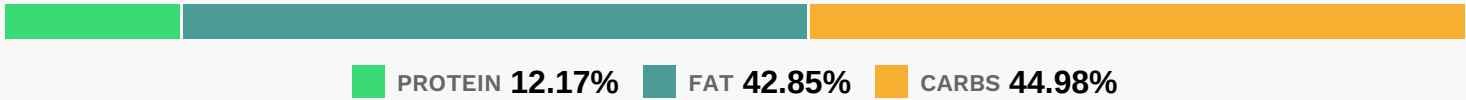
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pizza pan
- ☐ pizza stone

Directions

- ☐ Heat oven to 400F. Line cookie sheet with cooking parchment paper.
- ☐ Place beets in even layer on cookie sheet.
- ☐ Drizzle with 2 tablespoons of the oil; sprinkle with table salt. Roast 15 to 20 minutes, turning once, until tender. Set aside.
- ☐ Spray 12-inch pizza pan with cooking spray (or use pizza stone). Unroll dough; place on pan. Starting at center, press out dough to edge of pan.
- ☐ Brush with remaining 2 tablespoons oil; sprinkle with sea salt.
- ☐ Layer with mozzarella cheese, spinach, roasted beets and Cheddar cheese.
- ☐ Bake 13 to 15 minutes or until crust is golden brown and cheese is melted.
- ☐ Let stand 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.86, Inflammation Score:-4, Nutrition Score:6.1400000465953%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin:

0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 260.2kcal (13.01%), Fat: 12.63g (19.42%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 27.26g (9.91%), Sugar: 7.45g (8.27%), Cholesterol: 12.69mg (4.23%), Sodium: 883.28mg (38.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Folate: 75.11µg (18.78%), Vitamin K: 13.73µg (13.08%), Manganese: 0.23mg (11.52%), Iron: 1.97mg (10.92%), Fiber: 2.56g (10.24%), Calcium: 98.27mg (9.83%), Phosphorus: 83.97mg (8.4%), Vitamin E: 1.14mg (7.59%), Potassium: 228.64mg (6.53%), Vitamin A: 315.78IU (6.32%), Selenium: 3.68µg (5.25%), Magnesium: 19.48mg (4.87%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.7mg (4.67%), Vitamin C: 3.65mg (4.43%), Vitamin B12: 0.24µg (3.95%), Vitamin B6: 0.05mg (2.69%), Copper: 0.05mg (2.68%), Vitamin B1: 0.03mg (1.69%), Vitamin B5: 0.14mg (1.39%), Vitamin B3: 0.24mg (1.19%)