



Robiola Pizza with White Truffle Oil

 Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



1698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chives fresh chopped
- 0.3 cup cornmeal white
- 1 pinch sugar
- 1 tablespoon olive oil
- 5 cups cheese fresh (2,000 grams)
- 1 cup water cold
- 5 tablespoons cornmeal
- 3 tablespoons flour whole-wheat

- 2.5 teaspoons salt
- 5 teaspoons yeast fresh packed (from a 2-ounce cake)
- 5 tablespoons truffle oil white (a 1.8-ounce bottle)
- 10.5 cups flour all-purpose
- 0.5 pound portabello mushrooms
- 1.8 pounds zucchini (3 medium)
- 59 servings frangelico
- 59 servings frangelico
- 5 servings frangelico refrigerated
- 5 servings frangelico

Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap
- hand mixer

Directions

- In a small bowl stir together yeast, oil, sugar, and about 3 tablespoons water until smooth. Stir in remaining water. In large bowl of a standing electric mixer fitted with dough hook whisk together 2 1/2 cups all-purpose flour, cornmeal, whole-wheat flour, and salt. With mixer on low speed stir in yeast mixture and blend until mixture forms a dough. With mixer on medium speed knead dough, adding enough of remaining 1 cup flour as necessary to prevent dough from sticking, until smooth and elastic, about 5 minutes.
- Put dough in an oiled deep bowl and turn to coat with oil.

- Let dough rise, loosely covered with plastic wrap, in a warm place 1 hour, or until doubled in bulk, and punch down. Divide dough into 5 balls.
- On a lightly floured surface roll out each ball of dough into a 9 1/2-inch round and stack, lightly floured, between sheets of parchment paper. Dough may be made 8 hours ahead and chilled, tightly wrapped in plastic wrap.
- Preheat oven to 550° F
- Cut mushrooms into 1/4-inch dice. Quarter zucchini lengthwise and cut off seed core.
- Cut zucchini into 1/4-inch dice and in a bowl toss together with mushrooms, chives, and salt and pepper to taste.
- Spread 1 cup Robiola on each round of dough, leaving a 1/2-inch border around the edge.
- Sprinkle 1 tablespoon cornmeal on each of 2 baking sheets and transfer 1 pizza to each. Scatter about 2/3 cup mushroom mixture over each pizza and bake in batches in lower third of oven 10 to 12 minutes, or until crust is crisp and golden.
- Transfer pizzas to plates and drizzle each with 1 tablespoon truffle oil. Top and bake remaining pizzas in same manner.

Nutrition Facts

PROTEIN 14.23% **FAT 31.85%** **CARBS 53.92%**

Properties

Glycemic Index:60.12, Glycemic Load:150.69, Inflammation Score:-10, Nutrition Score:55.809999776923%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 1698.42kcal (84.92%), Fat: 59.82g (92.03%), Saturated Fat: 24.81g (155.06%), Carbohydrates: 227.86g (75.95%), Net Carbohydrates: 215.45g (78.34%), Sugar: 6.75g (7.5%), Cholesterol: 113mg (37.67%), Sodium: 1929.01mg (83.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.12g (120.25%), Selenium: 133.2µg (190.29%), Vitamin B1: 2.61mg (174.18%), Folate: 639.7µg (159.92%), Vitamin B2: 2.16mg (127.03%), Manganese: 2.43mg (121.39%), Vitamin B3: 20.27mg (101.33%), Phosphorus: 992.25mg (99.22%), Calcium: 874.87mg (87.49%), Iron: 14.08mg (78.2%), Zinc: 7.69mg (51.25%), Fiber: 12.42g (49.67%), Vitamin C: 30.75mg (37.27%), Magnesium:

147.09mg (36.77%), Copper: 0.72mg (35.82%), Vitamin B6: 0.69mg (34.7%), Vitamin A: 1624.27IU (32.49%), Vitamin B5: 3.17mg (31.73%), Potassium: 1071.98mg (30.63%), Vitamin K: 29.1µg (27.72%), Vitamin E: 3.73mg (24.86%), Vitamin B12: 1.22µg (20.38%), Vitamin D: 0.81µg (5.43%)