



Spinach and Ricotta Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups baby spinach loosely packed
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 5 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup part-skim ricotta
- ☐ 1 serving pizza dough homemade
- ☐ 0.8 cup tomato sauce york-style
- ☐ 2 plum tomatoes cored thinly sliced

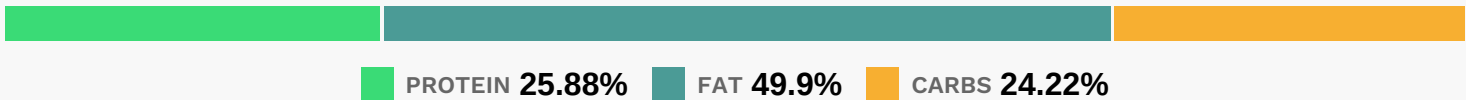
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Remove Homemade Pizza Dough from refrigerator; let stand at room temperature 1 hour.
- ☐ Preheat oven to 50
- ☐ Coat a 12-inch perforated pizza pan with cooking spray.
- ☐ Place dough on a lightly floured surface; roll into a 12-inch circle.
- ☐ Transfer dough to prepared pan, shaking off excess flour.
- ☐ Brush dough evenly with oil.
- ☐ Spread New York
- ☐ Style Pizza Sauce evenly over dough, leaving a 1/4-inch border.
- ☐ Sprinkle with Parmesan; top evenly with spinach and garlic.
- ☐ Sprinkle mozzarella over spinach. Spoon teaspoonfuls of ricotta over mozzarella.
- ☐ Bake at 500 for 12 minutes or until mozzarella melts and crust browns.
- ☐ Let stand 5 minutes; top with tomato slices.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:8.6069565285807%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg,

Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 143.09kcal (7.15%), Fat: 8.07g (12.42%), Saturated Fat: 3.76g (23.5%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 7.79g (2.83%), Sugar: 2.58g (2.87%), Cholesterol: 20.52mg (6.84%), Sodium: 411.1mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.85%), Vitamin K: 40.63µg (38.7%), Calcium: 256.66mg (25.67%), Vitamin A: 1187.64IU (23.75%), Phosphorus: 163.83mg (16.38%), Selenium: 6.41µg (9.15%), Vitamin C: 7.24mg (8.77%), Vitamin B2: 0.14mg (8.3%), Vitamin E: 1.09mg (7.25%), Zinc: 1.03mg (6.87%), Manganese: 0.14mg (6.8%), Potassium: 222.41mg (6.35%), Folate: 24.46µg (6.11%), Iron: 0.96mg (5.32%), Magnesium: 21.15mg (5.29%), Vitamin B6: 0.09mg (4.41%), Vitamin B12: 0.25µg (4.23%), Fiber: 1.03g (4.1%), Copper: 0.07mg (3.49%), Vitamin B3: 0.52mg (2.62%), Vitamin B1: 0.03mg (1.98%), Vitamin B5: 0.18mg (1.8%)