



Spring Pizzas

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings sea salt
- ☐ 0.3 cup basil leaves fresh
- ☐ 4 servings coarsely ground pepper black
- ☐ 4 servings kosher salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing and drizzling
- ☐ 4 servings parmesan cheese grated for topping
- ☐ 1 pound pizza dough
- ☐ 6 ounces ramps trimmed

☐ 1 cup ricotta cheese

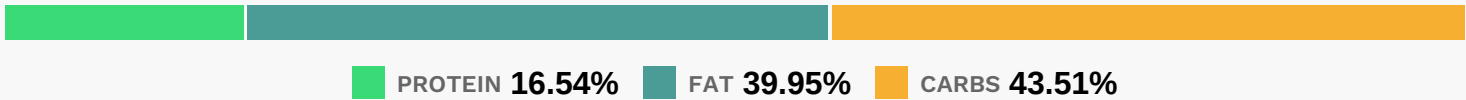
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat the oven to 500 degrees F. Divide the dough into 4 pieces on a floured surface.
- ☐ Brush a baking sheet with olive oil. Stretch the dough into four 6-inch rounds; place on the baking sheet and bake until golden, about 12 minutes.
- ☐ Heat a large skillet over medium heat. Toss the ramps or scallions with 1 tablespoon olive oil and season with kosher salt.
- ☐ Saute until just wilted, about 1 minute.
- ☐ Transfer to a cutting board and cut into pieces.
- ☐ Mix the ricotta, lemon zest, the remaining 1 tablespoon olive oil and some sea salt and pepper in a bowl.
- ☐ Brush the crusts with olive oil (this will protect them from getting soggy), then spread with the ricotta mixture and season with sea salt. Top with the ramps or scallions. Return to the oven until warmed through, about 2 minutes.
- ☐ Top the pizzas with basil, parmesan and a drizzle of olive oil.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:10.83521749144%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 601.79kcal (30.09%), Fat: 26.98g (41.5%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 63.33g (23.03%), Sugar: 8.68g (9.64%), Cholesterol: 57.72mg (19.24%), Sodium: 1784.78mg (77.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Calcium: 423.13mg (42.31%), Phosphorus: 289.22mg (28.92%), Selenium: 19.5µg (27.86%), Vitamin A: 1338.23IU (26.76%), Iron: 4.38mg (24.32%), Zinc: 2.03mg (13.56%), Vitamin B2: 0.23mg (13.3%), Vitamin K: 11.79µg (11.23%), Fiber: 2.76g (11.04%), Vitamin B12: 0.62µg (10.26%), Vitamin E: 1.24mg (8.29%), Vitamin C: 6.02mg (7.29%), Magnesium: 18.54mg (4.63%), Potassium: 127mg (3.63%), Manganese: 0.06mg (3.01%), Vitamin B6: 0.05mg (2.72%), Folate: 10.34µg (2.59%), Vitamin B5: 0.24mg (2.36%), Vitamin D: 0.27µg (1.83%), Copper: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.14%)