



WHATSheATE



## Spring Potato Pizza

READY IN



55 min.

SERVINGS



6

CALORIES



450 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 pound bread dough prepared
- ☐ 1 teaspoon rosemary leaves dried fresh
- ☐ 1 garlic clove minced
- ☐ 0.5 cup heavy cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound new potatoes white cooled boiled
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion finely chopped

- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.3 teaspoon pepper flakes red crushed

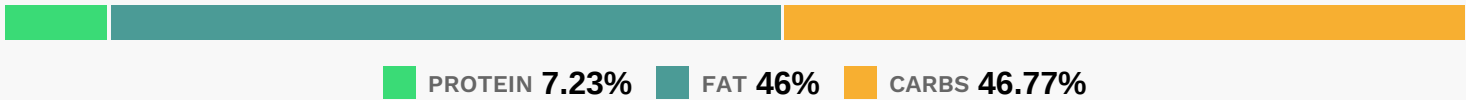
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Knead 1 Tbsp. olive oil into dough, cover with a towel, and let rest 10 minutes.
- ☐ Roll out dough on a lightly floured surface to a 16-by-11-inch rectangle.
- ☐ Transfer to a large, shallow baking sheet.
- ☐ Cook onion and garlic in 1 Tbsp. oil in a medium skillet over medium heat, stirring, until soft, for about 7 minutes.
- ☐ Let cool, then scatter over dough.
- ☐ Preheat oven to 42
- ☐ Peel and thinly slice potatoes. Arrange in an even layer on dough.
- ☐ Drizzle cream and 2 Tbsp. oil over top. Then sprinkle on 2 Tbsp. Parmesan, salt, crushed red pepper and black pepper.
- ☐ Bake for 25 minutes, sprinkle rosemary on top and bake for 10 minutes more. Top with remaining 1 Tbsp. and 1 tsp. oil and 2 Tbsp. Parmesan.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:28.79, Glycemic Load:10.1, Inflammation Score:-4, Nutrition Score:6.8299999859022%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 450.29kcal (22.51%), Fat: 22.64g (34.84%), Saturated Fat: 6.89g (43.09%), Carbohydrates: 51.79g (17.26%), Net Carbohydrates: 48.29g (17.56%), Sugar: 1.96g (2.18%), Cholesterol: 26.04mg (8.68%), Sodium: 634.58mg (27.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Vitamin C: 16.53mg (20.03%), Fiber: 3.5g (14.01%), Vitamin E: 1.98mg (13.17%), Vitamin B6: 0.26mg (13.17%), Potassium: 376mg (10.74%), Vitamin K: 9.6µg (9.15%), Phosphorus: 87.42mg (8.74%), Manganese: 0.16mg (7.94%), Vitamin A: 354.94IU (7.1%), Calcium: 64.87mg (6.49%), Magnesium: 22.41mg (5.6%), Vitamin B1: 0.08mg (5.02%), Vitamin B2: 0.08mg (4.84%), Copper: 0.1mg (4.79%), Iron: 0.76mg (4.24%), Vitamin B3: 0.85mg (4.24%), Folate: 16.69µg (4.17%), Selenium: 2.46µg (3.52%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.31mg (3.15%), Vitamin D: 0.34µg (2.25%), Vitamin B12: 0.09µg (1.47%)