



Tarragon Pizza Bianca

READY IN



45 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces round of président brie cut into 1/2-inch cubes
- ☐ 1 medium fennel bulb trimmed very thinly sliced
- ☐ 4 teaspoons tarragon fresh chopped
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 20 ounce pizza dough refrigerated
- ☐ 2 tablespoons shallots minced
- ☐ 1.3 cups whole-milk mozzarella cheese packed grated ()
- ☐ 1 small crookneck squash yellow very thinly sliced
- ☐ 1 small zucchini very thinly sliced

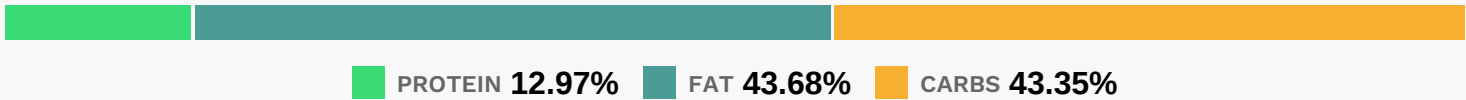
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in bottom third of oven; preheat to 425°F. Oil baking sheet. Unroll dough onto floured surface.
- ☐ Cut each rectangle in half.
- ☐ Roll each half to 7-inch round.
- ☐ Transfer rounds to prepared baking sheet.
- ☐ Brush 1 tablespoon oil over each round; sprinkle each with 1 teaspoon tarragon. Top with mozzarella and vegetables.
- ☐ Brush rounds with remaining oil.
- ☐ Sprinkle with shallot, salt, and pepper. Top with Brie.
- ☐ Bake until cheese is bubbling, about 14 minutes.
- ☐ Cut each into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:17.273478279943%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 439.52kcal (21.98%), Fat: 21.96g (33.79%), Saturated Fat: 7.25g (45.31%), Carbohydrates: 49.04g (16.35%), Net Carbohydrates: 44.89g (16.32%), Sugar: 8.41g (9.35%), Cholesterol: 28.92mg (9.64%), Sodium: 743.43mg (32.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.33%), Vitamin A: 10344.64IU (206.89%),

Vitamin C: 26.54mg (32.17%), Calcium: 268.59mg (26.86%), Vitamin K: 27.15µg (25.85%), Vitamin E: 3.19mg (21.28%), Phosphorus: 186.8mg (18.68%), Iron: 3.35mg (18.64%), Manganese: 0.37mg (18.27%), Fiber: 4.15g (16.59%), Potassium: 553.35mg (15.81%), Magnesium: 51.06mg (12.76%), Vitamin B6: 0.23mg (11.58%), Selenium: 7.96µg (11.37%), Folate: 44.62µg (11.16%), Vitamin B2: 0.17mg (10.07%), Vitamin B12: 0.58µg (9.6%), Zinc: 1.36mg (9.07%), Vitamin B1: 0.12mg (7.8%), Vitamin B3: 1.5mg (7.5%), Vitamin B5: 0.57mg (5.65%), Copper: 0.11mg (5.52%), Vitamin D: 0.16µg (1.06%)