



Three Cheese-and-Spinach Pizza

READY IN



29 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin divided
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 1 leek thinly sliced
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.5 basic pizza dough prepared uncooked
- ☐ 2 ounces provolone cheese shredded
- ☐ 0.5 cup ricotta cheese
- ☐ 0.3 teaspoon salt

☐ 5 ounces spinach leaves fresh

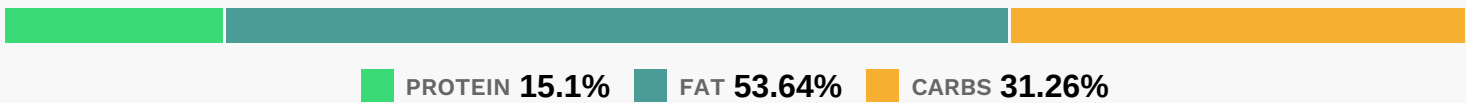
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Preheat oven to 45
- ☐ (For a crispy crust, preheat a pizza stone on the lowest rack in the oven.)
- ☐ Heat 2 tablespoons oil in a skillet over medium-high heat.
- ☐ Add leek and garlic; saut 5 minutes or until tender. Stir in salt and pepper.
- ☐ Add spinach, in batches; cook 2 minutes or just until wilted.
- ☐ Roll dough to 1/4-inch thickness on a lightly floured baking sheet or pizza peel.
- ☐ Brush edges of crust with remaining 1 tablespoon olive oil.
- ☐ Spread spinach mixture to edges of crust; top with cheeses and pine nuts, if desired.
- ☐ If desired, transfer pizza to pizza stone dusted with cornmeal or semolina flour; bake 10 to 12 minutes or until cheese is hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:18.792608385501%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 388.91kcal (19.45%), Fat: 23.45g (36.07%), Saturated Fat: 9.26g (57.9%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 28.76g (10.46%), Sugar: 1.94g (2.16%), Cholesterol: 36.72mg (12.24%), Sodium: 712.37mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Vitamin K: 189.05µg (180.04%), Vitamin A: 4010.08IU (80.2%), Calcium: 329.63mg (32.96%), Manganese: 0.47mg (23.65%), Folate: 92.19µg (23.05%), Phosphorus: 189.06mg (18.91%), Iron: 3.14mg (17.47%), Vitamin B2: 0.29mg (16.88%), Vitamin E: 2.53mg (16.85%), Vitamin C: 13.1mg (15.87%), Selenium: 9.22µg (13.17%), Magnesium: 44.57mg (11.14%), Vitamin B6: 0.22mg (10.83%), Zinc: 1.41mg (9.41%), Vitamin B12: 0.52µg (8.73%), Potassium: 305.46mg (8.73%), Fiber: 1.99g (7.96%), Vitamin B1: 0.07mg (4.67%), Copper: 0.09mg (4.66%), Vitamin B5: 0.32mg (3.19%), Vitamin B3: 0.54mg (2.68%), Vitamin D: 0.18µg (1.22%)