



Three-Cheese Pizza (For Cheese Lovers)

READY IN



45 min.

SERVINGS



8

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons parmesan cheese finely grated
- ☐ 0.8 cup part-skim mozzarella cheese grated
- ☐ 0.5 cup part-skim ricotta
- ☐ 8 servings uncook pizza crust

Equipment

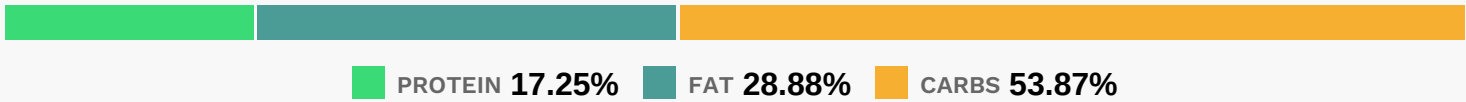
- ☐ oven

☐ baking pan

Directions

- ☐ Place a prebaked pizza crust on a shallow baking pan. Dollop ricotta cheese evenly over crust.
- ☐ Sprinkle with mozzarella cheese, Parmesan cheese, and fresh thyme leaves.
- ☐ Bake 8 minutes or until top is golden brown and cheese is melted.
- ☐ Drizzle with truffle or extra-virgin olive oil.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:3.6165217562862%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 250.56kcal (12.53%), Fat: 8.02g (12.34%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 32.43g (11.79%), Sugar: 1.16g (1.29%), Cholesterol: 12.61mg (4.2%), Sodium: 456.44mg (19.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Calcium: 202.42mg (20.24%), Iron: 2.21mg (12.26%), Phosphorus: 86.76mg (8.68%), Selenium: 4.54µg (6.48%), Fiber: 1.24g (4.97%), Vitamin B2: 0.07mg (4.3%), Vitamin A: 203.98IU (4.08%), Zinc: 0.58mg (3.89%), Vitamin C: 2.8mg (3.4%), Vitamin B12: 0.15µg (2.47%), Magnesium: 7.98mg (1.99%), Vitamin E: 0.28mg (1.89%), Manganese: 0.03mg (1.69%), Vitamin K: 1.35µg (1.29%), Potassium: 41.17mg (1.18%)