



## Three-Cheese White Pizza with Spinach

READY IN



55 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 cups baby spinach fresh
- ☐ 1 tablespoon cornmeal
- ☐ 1 garlic clove minced
- ☐ 4 garlic cloves thinly sliced
- ☐ 3 tablespoons milk 2% reduced-fat
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 1 cup part-skim ricotta cheese
- ☐ 0.5 cup pecorino romano cheese grated

☐ 1 pound pizza dough fresh refrigerated

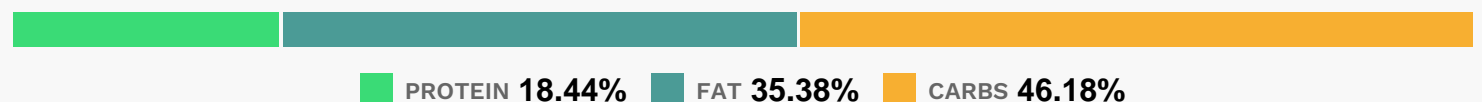
## Equipment

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

## Directions

- ☐ Remove the dough from refrigerator.
- ☐ Let stand at room temperature, covered, for 30 minutes.
- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Combine 1 1/2 tablespoons olive oil and sliced garlic in a large skillet.
- ☐ Heat over medium-high heat 1 1/2 minutes or until the garlic begins to sizzle.
- ☐ Add 6 cups spinach; saut 2 minutes or until spinach wilts. Set aside.
- ☐ Combine cheeses, milk, and minced garlic in a bowl.
- ☐ Roll dough into a 14-inch circle on a lightly floured surface, and pierce entire surface liberally with a fork. Carefully remove pizza stone from oven.
- ☐ Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- ☐ Spread cheese mixture over dough, leaving a 1/2-inch border.
- ☐ Bake at 500 for 10 minutes or until crust is golden and cheese is lightly browned. Top with spinach; bake an additional 2 minutes or until thoroughly heated.
- ☐ Remove from oven; brush outer crust with remaining 1 1/2 teaspoons oil.
- ☐ Cut into 6 large slices.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:16.056521752606%

## Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 361kcal (18.05%), Fat: 14.39g (22.13%), Saturated Fat: 5.77g (36.04%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 40.23g (14.63%), Sugar: 5.54g (6.15%), Cholesterol: 28.05mg (9.35%), Sodium: 783.83mg (34.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.87g (33.74%), Vitamin K: 148.39µg (141.33%), Vitamin A: 3059.17IU (61.18%), Calcium: 317.45mg (31.75%), Phosphorus: 211.36mg (21.14%), Iron: 3.24mg (18%), Folate: 66.01µg (16.5%), Manganese: 0.33mg (16.47%), Selenium: 10.4µg (14.85%), Vitamin B2: 0.21mg (12.38%), Vitamin C: 9.23mg (11.18%), Magnesium: 38.7mg (9.67%), Vitamin E: 1.35mg (9.02%), Zinc: 1.3mg (8.68%), Fiber: 2g (8.01%), Potassium: 260.01mg (7.43%), Vitamin B6: 0.12mg (6.2%), Vitamin B12: 0.33µg (5.49%), Copper: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.32%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.33mg (1.66%)