

Vidalia Ranch Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons garlic powder
- ☐ 6 servings ground pepper black to taste
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 10 ounce pizza crust dough canned
- ☐ 0.3 cup ranch dressing prepared
- ☐ 1 cup ranch dressing prepared
- ☐ 1 teaspoon salt
- ☐ 1 cup cheddar cheese shredded

- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 tomatoes thinly sliced
- ☐ 1 large vidalia sweet thinly sliced

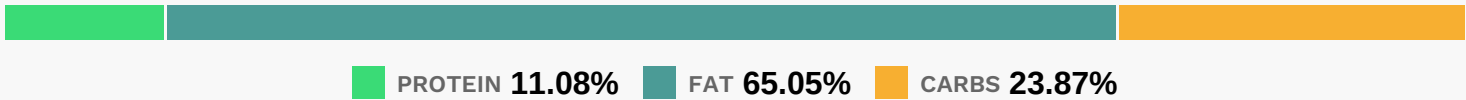
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 12x15 inch baking sheet.
- ☐ Spread the pizza dough onto the prepared baking sheet.
- ☐ Spread the ranch dressing over the dough; sprinkle with garlic powder.
- ☐ Heat the olive oil in a skillet over medium heat. Cook and stir the onion in the oil until translucent; season with salt.
- ☐ Bake the crust in the preheated oven until lightly browned, 8 to 10 minutes.
- ☐ Spread 1 cup of ranch dressing, the cooked onions, tomato slices, Cheddar cheese, mozzarella cheese, Parmesan cheese, and black pepper over the baked crust.
- ☐ Return to preheated oven and bake until crust is golden brown and cheese is melted, 12 to 15 minutes. Allow pizza to cool for 5 minutes before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:12.972174017326%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg,

Myricetin: 0.68mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 564.09kcal (28.2%), Fat: 40.94g (62.99%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 31.98g (11.63%), Sugar: 7.19g (7.99%), Cholesterol: 50.21mg (16.74%), Sodium: 1408.95mg (61.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Vitamin K: 74.33µg (70.79%), Calcium: 337.85mg (33.79%), Phosphorus: 300.79mg (30.08%), Selenium: 12.23µg (17.47%), Vitamin E: 2.22mg (14.8%), Vitamin A: 712.57IU (14.25%), Vitamin B12: 0.77µg (12.77%), Vitamin B2: 0.21mg (12.6%), Zinc: 1.68mg (11.17%), Iron: 1.92mg (10.64%), Vitamin C: 8.28mg (10.03%), Vitamin B6: 0.16mg (7.98%), Fiber: 1.82g (7.27%), Manganese: 0.14mg (7.21%), Potassium: 244.56mg (6.99%), Folate: 26.84µg (6.71%), Vitamin B5: 0.62mg (6.16%), Magnesium: 23.2mg (5.8%), Vitamin B1: 0.06mg (4.13%), Copper: 0.08mg (4.07%), Vitamin B3: 0.39mg (1.93%), Vitamin D: 0.26µg (1.72%)