



White and Gold Pizza

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces philadelphia cream cheese softened
- 0.5 teaspoon pepper red crushed
- 1 large clove garlic minced
- 3 tablespoons olive oil divided
- 1 pound pizza dough frozen thawed
- 0.5 cup digiorno romano cheese grated
- 0.8 cup mozzarella cheese shredded kraft
- 1 large onion sweet separated thinly sliced

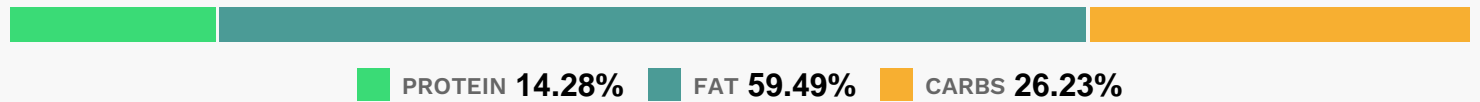
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 425 degrees F.
- Heat 1 Tbsp. oil in large skillet on medium heat.
- Add onions; cook 15 to 20 min. or until tender and golden brown, stirring occasionally.
- Place pizza dough on lightly floured baking sheet; stretch to fit 16 x 12-inch baking sheet.
- Mix garlic and remaining oil; spread onto dough.
- Bake 10 min.
- Spread crust with cream cheese; top with remaining cheeses, onions and red pepper.
- Bake 10 to 12 min. or until crust is lightly browned.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:12.521739125252%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 423.75kcal (21.19%), Fat: 28.23g (43.43%), Saturated Fat: 11.29g (70.53%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 25.78g (9.37%), Sugar: 6.4g (7.11%), Cholesterol: 49.4mg (16.47%), Sodium: 592.42mg (25.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Calcium: 325.58mg (32.56%), Selenium:

21.85µg (31.21%), Phosphorus: 284.6mg (28.46%), Vitamin B2: 0.32mg (18.95%), Vitamin B12: 1.04µg (17.4%), Manganese: 0.28mg (14.05%), Vitamin A: 691.61IU (13.83%), Vitamin E: 2.05mg (13.7%), Vitamin B1: 0.2mg (13.01%), Zinc: 1.8mg (12.01%), Iron: 2.08mg (11.57%), Folate: 44.74µg (11.19%), Copper: 0.21mg (10.66%), Vitamin K: 10.46µg (9.96%), Vitamin B3: 1.79mg (8.97%), Fiber: 2.23g (8.91%), Vitamin B6: 0.17mg (8.35%), Magnesium: 30.64mg (7.66%), Potassium: 228.64mg (6.53%), Vitamin C: 3.71mg (4.5%), Vitamin B5: 0.39mg (3.87%)