



White Bean, Tomato and Goat-Cheese Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups the salad
- ☐ 1 cup .5 can cannellini beans white rinsed (from a 1-lb can)
- ☐ 4 servings cornmeal for sprinkling
- ☐ 1 tablespoon fat-skimmed beef broth fat-free
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 garlic clove smashed
- ☐ 4 oz goat cheese low-fat crumbled soft
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin

- ☐ 1 lb pizza dough fresh frozen thawed
- ☐ 3 plum tomatoes coarsely chopped
- ☐ 0.3 small onion red thinly sliced

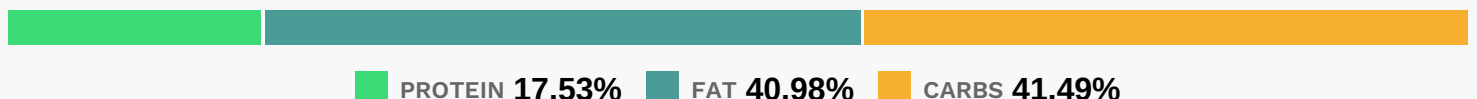
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position oven rack on lowest shelf and preheat oven to 500°F. Lightly oil a 17- by 14-inch heavy baking sheet (without sides) and sprinkle with cornmeal, tapping off excess.
- ☐ Pulse beans with garlic, broth, and 1 teaspoon oil in a food processor until coarsely chopped and season with salt and pepper.
- ☐ Dust pizza dough and your hands with flour. Holding 1 edge of dough in the air with both hands and letting bottom touch work surface, move hands around edge (like turning a steering wheel), allowing weight of dough to stretch it roughly into a 10-inch round. Flour backs of your fists and with them stretch dough from center of underside, turning dough to maintain a rough circle, until 13 to 14 inches.
- ☐ Place on baking sheet.
- ☐ Spread bean purée over dough, leaving a 1-inch border around edge. Top purée with tomatoes and onion, then sprinkle with rosemary and dot with cheese. Season with salt and pepper.
- ☐ Bake pizza on bottom oven rack until crust is browned and crisp and topping is bubbling, 12 to 15 minutes.
- ☐ Toss greens with remaining 1/2 teaspoon oil and salt and pepper to taste and sprinkle over pizza.
- ☐ Cut pizza into 8 slices.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:5.04, Inflammation Score:-8, Nutrition Score:18.296087005864%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 478.25kcal (23.91%), Fat: 22.11g (34.02%), Saturated Fat: 9.31g (58.17%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 44.09g (16.03%), Sugar: 5.98g (6.65%), Cholesterol: 28.92mg (9.64%), Sodium: 730.91mg (31.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.57%), Selenium: 26.08µg (37.25%), Phosphorus: 320.58mg (32.06%), Calcium: 280.55mg (28.06%), Copper: 0.53mg (26.61%), Manganese: 0.53mg (26.35%), Iron: 4.67mg (25.96%), Vitamin A: 1296.15IU (25.92%), Vitamin B2: 0.43mg (25.41%), Fiber: 6.27g (25.09%), Vitamin B1: 0.32mg (21.15%), Folate: 65.66µg (16.42%), Vitamin B3: 3.28mg (16.4%), Vitamin C: 13.12mg (15.9%), Vitamin B12: 0.95µg (15.76%), Vitamin B6: 0.3mg (14.77%), Zinc: 2.21mg (14.73%), Magnesium: 49.57mg (12.39%), Vitamin K: 12.63µg (12.03%), Vitamin E: 1.7mg (11.35%), Potassium: 370.88mg (10.6%), Vitamin B5: 0.58mg (5.84%)