

White Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon flour all-purpose
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 1 tablespoon olive oil
- ☐ 2 oz mozzarella cheese shredded
- ☐ 2 oz fontina shredded
- ☐ 0.3 teaspoon oregano dried
- ☐ 1 serving salt and pepper to taste

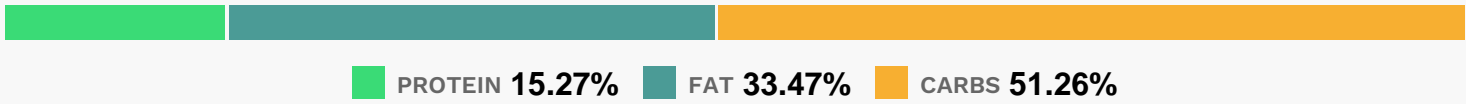
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin
- ☐ pizza stone

Directions

- ☐ Place pizza stone on middle oven rack.
- ☐ Heat oven to 450°F.
- ☐ Sprinkle flour on work surface.
- ☐ Place dough on surface; press dough with hands or roll with rolling pin to desired thickness and shape. Lightly sprinkle pizza peel with additional flour (if you do not have a pizza peel, a flat cookie sheet will work).
- ☐ Transfer dough to pizza peel.
- ☐ Drizzle oil over crust.
- ☐ Sprinkle with cheeses, oregano, salt and pepper.
- ☐ Transfer crust from pizza peel to pizza stone.
- ☐ Bake about 8 to 10 minutes or until crust is golden and cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.18, Inflammation Score:-2, Nutrition Score:4.22739125853%

Nutrients (% of daily need)

Calories: 376.36kcal (18.82%), Fat: 14.13g (21.74%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 47.13g (17.14%), Sugar: 6.44g (7.16%), Cholesterol: 27.64mg (9.21%), Sodium: 958mg (41.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.01%), Iron: 2.89mg (16.05%), Calcium: 151.89mg (15.19%), Phosphorus: 101.43mg (10.14%), Vitamin B12: 0.56µg (9.36%), Selenium: 5.11µg (7.29%), Fiber: 1.57g (6.28%), Zinc: 0.93mg (6.18%), Vitamin B2: 0.08mg (4.64%), Vitamin A: 227.36IU (4.55%), Vitamin E: 0.59mg (3.95%), Vitamin K: 3.58µg (3.41%), Vitamin B1: 0.02mg (1.48%), Magnesium: 5.57mg (1.39%), Folate: 5.57µg (1.39%), Manganese: 0.03mg (1.27%)