



White Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup basil fresh thinly sliced
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 4 ounces preshredded part-skim mozzarella cheese
- ☐ 1 cup part-skim ricotta cheese

- ☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)
- ☐ 1 cup plum tomatoes thinly sliced
- ☐ 0.5 cup shallots thinly sliced
- ☐ 0.5 cup pkt spinach finely chopped

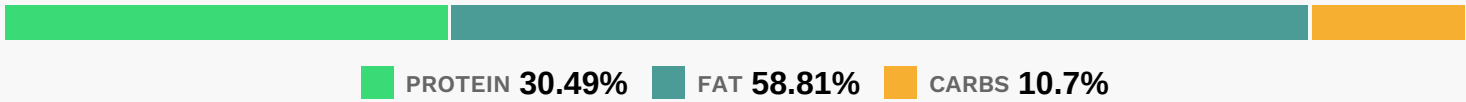
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 42
- ☐ Combine the first 3 ingredients in a medium bowl.
- ☐ Spread cheese mixture over pizza crust, leaving a 1/2-inch border around the edge.
- ☐ Sprinkle with basil and next 6 ingredients (basil through garlic powder). Arrange plum tomato slices in a single layer on top.
- ☐ Place pizza on baking sheet.
- ☐ Bake at 425 for 10 minutes.
- ☐ Remove pizza to cutting board; cut into 6 slices.

Nutrition Facts



Properties

Glycemic Index:39.83, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:10.554347890875%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 390.77kcal (19.54%), Fat: 26.57g (40.88%), Saturated Fat: 7.77g (48.59%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.48g (3.45%), Sugar: 3.01g (3.35%), Cholesterol: 43.24mg (14.41%), Sodium: 397.34mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.99%), Calcium: 492.2mg (49.22%), Vitamin K: 34.11µg (32.48%), Vitamin A: 1114.37IU (22.29%), Phosphorus: 222.22mg (22.22%), Selenium: 11.04µg (15.77%), Manganese: 0.21mg (10.57%), Vitamin C: 8.41mg (10.19%), Vitamin B2: 0.17mg (10.09%), Zinc: 1.41mg (9.43%), Potassium: 266mg (7.6%), Vitamin B6: 0.14mg (7.21%), Folate: 28.12µg (7.03%), Magnesium: 26.72mg (6.68%), Fiber: 1.41g (5.62%), Vitamin B12: 0.33µg (5.53%), Iron: 0.91mg (5.07%), Copper: 0.09mg (4.26%), Vitamin E: 0.47mg (3.11%), Vitamin B1: 0.05mg (3.01%), Vitamin B5: 0.24mg (2.45%), Vitamin B3: 0.42mg (2.11%)