



White Pizza a la Chick Lit

READY IN



25 min.

SERVINGS



2

CALORIES



4344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cloves garlic quartered
- 2 tablespoons olive oil extra-virgin divided
- 12 inch pre-baked pizza crust thin
- 3 cups mozzarella cheese shredded

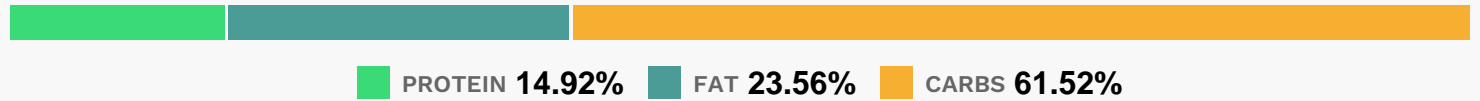
Equipment

- baking sheet
- oven

Directions

- Preheat the oven to 450 degrees F (230 degrees C).
- Place the pizza crust on a baking sheet and drizzle with 1 tablespoon of olive oil.
- Sprinkle the mozzarella cheese evenly over the crust and top with pieces of garlic.
- Bake in the preheated oven until cheese is bubbly and starting to brown, about 15 minutes.
- Drizzle with a little bit more olive oil and cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:2.11, Inflammation Score:-3, Nutrition Score:27.187391529913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 4343.72kcal (217.19%), Fat: 113.17g (174.11%), Saturated Fat: 54.82g (342.62%), Carbohydrates: 665.04g (221.68%), Net Carbohydrates: 644.31g (234.3%), Sugar: 22.33g (24.81%), Cholesterol: 132.72mg (44.24%), Sodium: 8246.55mg (358.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 161.27g (322.54%), Iron: 37.9mg (210.58%), Calcium: 2102.86mg (210.29%), Fiber: 20.73g (82.91%), Vitamin B12: 3.83µg (63.84%), Phosphorus: 613.08mg (61.31%), Selenium: 30.26µg (43.23%), Zinc: 5.04mg (33.63%), Vitamin B2: 0.49mg (28.74%), Vitamin A: 1136.76IU (22.74%), Vitamin E: 2.34mg (15.63%), Manganese: 0.25mg (12.55%), Vitamin K: 12.5µg (11.9%), Vitamin B6: 0.21mg (10.55%), Magnesium: 36.6mg (9.15%), Potassium: 175.94mg (5.03%), Vitamin B1: 0.07mg (4.96%), Vitamin C: 3.74mg (4.54%), Vitamin D: 0.67µg (4.48%), Vitamin B5: 0.31mg (3.08%), Folate: 12.12µg (3.03%), Copper: 0.05mg (2.72%), Vitamin B3: 0.26mg (1.29%)