



White Pizza With Broccolini

READY IN



40 min.

SERVINGS



4

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bunches broccolini halved lengthwise roughly chopped
- 0.3 cup herbs fresh chopped (such as mint, parsley, dill and/or basil)
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin plus more for drizzling
- 0.5 cup parmesan cheese grated
- 2 cups part-skim mozzarella cheese shredded
- 0.3 cup pecorino romano cheese grated
- 1 pound pizza dough prepared at room temperature
- 1 cup ricotta cheese

- 8 scallions sliced cut into 1 1/2-inch pieces

Equipment

- bowl
- baking sheet
- baking paper
- oven
- pizza stone

Directions

- Position a rack in the lower third of the oven.
- Place a pizza stone or upside-down baking sheet on the rack and preheat to 500 degrees F. Cover another upside-down baking sheet with parchment paper and brush with 2 tablespoons olive oil.
- Put the pizza dough on the oiled paper and turn to coat. Cover with another piece of parchment and set aside.
- Mix the cheeses, red pepper flakes, and salt and pepper to taste in a bowl.
- Combine the scallion greens and herbs in another bowl. Toss the broccolini and scallion whites on a baking sheet with the remaining 1 tablespoon olive oil, and salt and pepper to taste. Roast 15 minutes.
- Uncover the dough; stretch into a 12-by-16-inch rectangle. Season with salt and pepper, then slide the dough and parchment onto the hot stone or baking sheet.
- Bake until golden, 6 to 8 minutes.
- Slide the crust and parchment back onto the baking sheet and remove from the oven. Top with the cheese mixture, then the roasted vegetables and herb mixture. Return the pizza to the oven and bake until the cheese melts, about 3 more minutes.
- Drizzle with olive oil.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN **20.57%** ■ FAT **43.51%** ■ CARBS **35.92%**

Properties

Glycemic Index:29.5, Glycemic Load:0.97, Inflammation Score:-9, Nutrition Score:25.002608465112%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 742.74kcal (37.14%), Fat: 36.24g (55.75%), Saturated Fat: 16.15g (100.93%), Carbohydrates: 67.3g (22.43%), Net Carbohydrates: 63.85g (23.22%), Sugar: 10.47g (11.64%), Cholesterol: 84.83mg (28.28%), Sodium: 1737.28mg (75.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.54g (77.07%), Vitamin K: 119.43µg (113.74%), Vitamin C: 87.5mg (106.06%), Calcium: 825.94mg (82.59%), Vitamin A: 2734.51IU (54.69%), Phosphorus: 495.05mg (49.5%), Selenium: 22.48µg (32.12%), Iron: 4.9mg (27.2%), Vitamin B2: 0.38mg (22.34%), Zinc: 3.1mg (20.68%), Vitamin B12: 0.91µg (15.15%), Fiber: 3.45g (13.81%), Vitamin E: 1.9mg (12.65%), Folate: 34.73µg (8.68%), Magnesium: 33.32mg (8.33%), Potassium: 227.68mg (6.5%), Vitamin B6: 0.1mg (4.97%), Manganese: 0.07mg (3.3%), Copper: 0.06mg (2.98%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.68%), Vitamin D: 0.39µg (2.57%), Vitamin B3: 0.31mg (1.56%)