



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

February 24<sup>th</sup>, 2015 Cooking Class

Featuring

D'Avolio's Olive Oil and Vinegar

## White Pizza with Broccoli and Onions

Serves 8

### Ingredients:

- Pre-made Pizza Shell (ex: Boboli-original or whole wheat)
- 1 Tbsp. D'Avolio Garlic Olive Oil
- ½ cup Parmesan Reggiano Cheese, shredded
- 1 tsp. D'Avolio Olio Fresco Seasonings
- Broccoli
- White Onion

Nutrition Facts	
Serving Size: 1 slice	
Servings: 8	
Amount Per Serving	
Calories 190	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber less than 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 8g	
Vitamin A 4%	• Vitamin C 20%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

### Directions:

Brush on Garlic Olive oil or red sauce mixture. Sprinkle cheese evenly over the base. Add the remaining ingredients. Put on baking sheet. Follow directions on pizza shell package. If using Boboli Pre-Made Pizza Shells, preheat to 450 degrees and bake 8-10 minutes. If using a pizza stone, please make sure you heat the stone properly before using.

