



10-Minute White Pizza

READY IN



12 min.

SERVINGS



24

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce artichoke hearts in water drained thinly sliced canned
- 1 package flour prepared thin
- 3 large cloves garlic minced
- 24 servings olive oil extra-virgin for drizzling
- 0.3 cup parmigiano reggiano grated (a handful)
- 0.3 cup parsley chopped
- 1 cup provolone cheese shredded (found in dairy aisle)
- 1 cup mozzarella cheese shredded (found in dairy aisle)

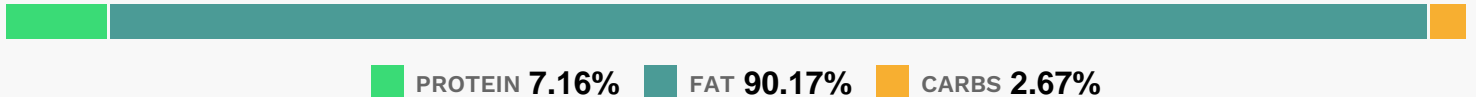
Equipment

- baking sheet
- oven
- knife
- pizza pan

Directions

- Watch how to make this recipe.
- Preheat oven to 500 degrees F.
- Put the pizza shell or focaccia onto a pizza pan or cookie sheet.
- Drizzle shell with oil and scatter minced garlic over shell to edges. Cover the pie with a layer of all 3 cheeses combined and work all the way to the edge of the shells. Top with artichoke hearts. Cook 6 to 8 minutes, until cheeses have melted and begin to bubble.
- Remove from oven and garnish with parsley.
- Cut pie with pizza wheel or knife into bite-size squares and serve.

Nutrition Facts



Properties

Glycemic Index:5.96, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.8556521930124%

Flavonoids

Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 166.14kcal (8.31%), Fat: 16.78g (25.82%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.23g (0.26%), Cholesterol: 8.19mg (2.73%), Sodium: 152.27mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin K: 18.93µg (18.03%), Vitamin E: 2.04mg

(13.63%), Calcium: 79.2mg (7.92%), Phosphorus: 51.97mg (5.2%), Vitamin B12: 0.2µg (3.32%), Vitamin A: 140.77IU (2.82%), Selenium: 1.88µg (2.68%), Zinc: 0.35mg (2.36%), Vitamin B2: 0.04mg (2.08%), Fiber: 0.3g (1.21%), Vitamin C: 0.95mg (1.15%), Iron: 0.18mg (1.01%)