



Antipasto French Bread Pizzas

READY IN



30 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf bread french (12 inches long)
- ☐ 0.3 cup basil pesto
- ☐ 10 slices genoa salami ()
- ☐ 2 roma tomatoes thinly sliced (plum)
- ☐ 1 small bell pepper green cut into thin rings
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.3 cup olives ripe sliced
- ☐ 9 ounces provolone cheese

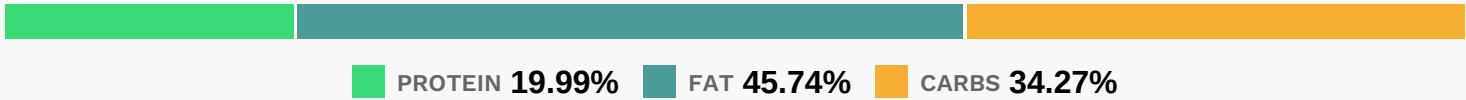
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°.
- ☐ Place bread halves, cut sides up, on ungreased cookie sheet.
- ☐ Spread with pesto. Top with salami, tomatoes, bell pepper, onions, olives and cheese.
- ☐ Bake 8 to 10 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:35.92, Glycemic Load:27.26, Inflammation Score:-7, Nutrition Score:17.441739305206%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 446.62kcal (22.33%), Fat: 22.73g (34.97%), Saturated Fat: 10.2g (63.73%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 35.99g (13.09%), Sugar: 4.57g (5.07%), Cholesterol: 42.02mg (14.01%), Sodium: 1235.57mg (53.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.7%), Vitamin B1: 0.64mg (42.52%), Selenium: 29.11µg (41.58%), Calcium: 382.4mg (38.24%), Phosphorus: 323.66mg (32.37%), Vitamin B2: 0.48mg (28.24%), Folate: 92.33µg (23.08%), Vitamin B3: 4.33mg (21.63%), Manganese: 0.41mg (20.29%), Zinc: 2.76mg (18.39%), Iron: 3.24mg (17.99%), Vitamin B12: 1.04µg (17.35%), Vitamin A: 842.37IU (16.85%), Vitamin C: 13.12mg (15.91%), Vitamin B6: 0.23mg (11.6%), Magnesium: 41.07mg (10.27%), Fiber: 2.33g (9.31%), Copper: 0.17mg (8.26%), Vitamin K: 8.17µg (7.78%), Potassium: 271.83mg (7.77%), Vitamin B5: 0.62mg (6.17%), Vitamin E: 0.62mg (4.14%), Vitamin D: 0.21µg (1.42%)