



 **10%**
HEALTH SCORE

Antipasto Pizza

READY IN



10 min.

SERVINGS



4

CALORIES



2161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup artichoke hearts chopped
- 0.3 cup pepperoncini peppers sliced
- 0.3 cup pepperoncini peppers sliced
- 0.3 cup olives black sliced
- 0.5 cup deli honey ham diced
- 0.3 cup basil pesto refrigerated
- 12 inch uncook pizza crust
- 1.5 cups mozzarella cheese shredded
- 0.3 cup sun-dried tomatoes drained chopped in oil

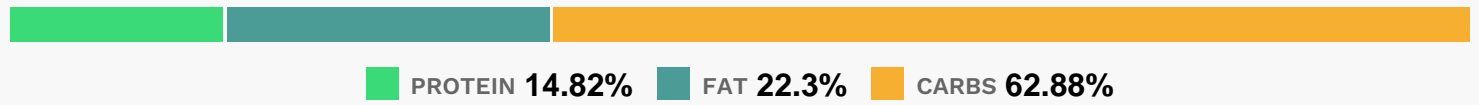
Equipment

oven

Directions

- Spread pizza crust evenly with 1/4 cup pesto.
- Sprinkle evenly with remaining ingredients.
- Bake at 450 for 12 to 14 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:18.975652052009%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 2160.85kcal (108.04%), Fat: 53.19g (81.83%), Saturated Fat: 23.98g (149.9%), Carbohydrates: 337.43g (112.48%), Net Carbohydrates: 324.21g (117.9%), Sugar: 12.28g (13.64%), Cholesterol: 52.76mg (17.59%), Sodium: 4872.89mg (211.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.52g (159.04%), Iron: 19.27mg (107.06%), Calcium: 865.22mg (86.52%), Fiber: 13.22g (52.87%), Vitamin C: 19.82mg (24.02%), Phosphorus: 226.82mg (22.68%), Selenium: 14.18µg (20.26%), Vitamin B12: 1.15µg (19.11%), Vitamin A: 770.67IU (15.41%), Vitamin B1: 0.22mg (14.53%), Zinc: 2.01mg (13.39%), Vitamin B2: 0.22mg (12.91%), Vitamin B6: 0.21mg (10.39%), Vitamin B3: 1.82mg (9.12%), Potassium: 267.32mg (7.64%), Magnesium: 23.15mg (5.79%), Copper: 0.09mg (4.32%), Vitamin E: 0.61mg (4.1%), Manganese: 0.06mg (3.21%), Vitamin B5: 0.27mg (2.7%), Folate: 10.16µg (2.54%), Vitamin D: 0.38µg (2.5%), Vitamin K: 2.56µg (2.43%)