

Antipasto Pizza

READY IN



10 min.

SERVINGS



4

CALORIES



2159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup artichoke hearts chopped
- ☐ 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

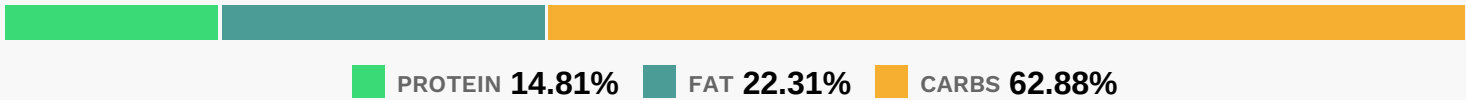
Equipment

☐ 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:18.286521953085%

Flavonoids

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

Nutrients (% of daily need)

Calories: 2158.75kcal (107.94%), Fat: 53.16g (81.78%), Saturated Fat: 23.98g (149.88%), Carbohydrates: 337.02g (112.34%), Net Carbohydrates: 324.06g (117.84%), Sugar: 12.13g (13.47%), Cholesterol: 52.76mg (17.59%), Sodium: 4871.89mg (211.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.39g (158.78%), Iron: 19.23mg (106.86%), Calcium: 864.13mg (86.41%), Fiber: 12.95g (51.82%), Phosphorus: 224.34mg (22.43%), Selenium: 14.16µg (20.23%), Vitamin B12: 1.15µg (19.11%), Vitamin C: 13.41mg (16.25%), Vitamin A: 744.32IU (14.89%), Vitamin B1: 0.21mg (14.11%), Zinc: 1.99mg (13.26%), Vitamin B2: 0.22mg (12.67%), Vitamin B6: 0.18mg (9.01%), Vitamin B3: 1.73mg (8.64%), Potassium: 247.48mg (7.07%), Magnesium: 21.83mg (5.46%), Copper: 0.08mg (3.95%), Vitamin E: 0.56mg (3.74%), Manganese: 0.06mg (2.83%), Vitamin D: 0.38µg (2.5%), Vitamin B5: 0.25mg (2.5%), Folate: 7.91µg (1.98%), Vitamin K: 1.82µg (1.73%)