



WHATSheATE



Artichoke and Feta Cheese Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 6.5 ounce marinated artichoke drained
- ☐ 10 ounce pizza dough refrigerated
- ☐ 6 ounces plum tomatoes thinly sliced into rounds
- ☐ 0.5 medium size onion sweet thinly sliced (such as Vidalia or Maui)
- ☐ 1 tablespoon cornmeal yellow

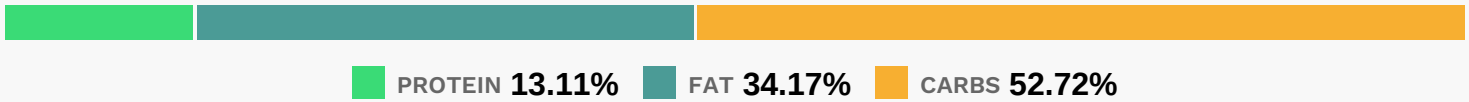
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Cut artichokes into 1/2-inch pieces.
- ☐ Sprinkle baking sheet with yellow cornmeal. Unroll pizza crust dough onto prepared baking sheet; press out dough to 11-inch square.
- ☐ Brush dough with 1 tablespoon reserved marinade. Top dough with artichokes, plum tomato slices, crumbled herb-seasoned feta cheese and sweet onion slices.
- ☐ Drizzle with remaining 1 tablespoon marinade.
- ☐ Bake pizza until crust is crisp and golden, about 15 minutes.
- ☐ Transfer to platter.
- ☐ Sprinkle with mint.
- ☐ Cut pizza into 4 squares and serve.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:3.64, Inflammation Score:-9, Nutrition Score:17.098695640979%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg, Quercetin: 12.51mg

Nutrients (% of daily need)

Calories: 664.79kcal (33.24%), Fat: 25.45g (39.16%), Saturated Fat: 9.64g (60.26%), Carbohydrates: 88.37g (29.46%), Net Carbohydrates: 81.76g (29.73%), Sugar: 16.18g (17.98%), Cholesterol: 50.46mg (16.82%), Sodium:

2033.94mg (88.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.96%), Vitamin C: 36.56mg (44.32%), Vitamin A: 2082.31IU (41.65%), Calcium: 335.46mg (33.55%), Iron: 5.71mg (31.71%), Vitamin B2: 0.53mg (31.13%), Fiber: 6.6g (26.42%), Phosphorus: 248.73mg (24.87%), Vitamin B6: 0.45mg (22.6%), Vitamin B12: 0.96µg (15.97%), Folate: 57.33µg (14.33%), Zinc: 2.1mg (13.97%), Manganese: 0.27mg (13.33%), Selenium: 9.22µg (13.17%), Vitamin B1: 0.17mg (11.45%), Potassium: 379.74mg (10.85%), Magnesium: 36.93mg (9.23%), Vitamin K: 8µg (7.62%), Vitamin B5: 0.75mg (7.52%), Copper: 0.14mg (7.16%), Vitamin B3: 1.39mg (6.93%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.23µg (1.51%)