



Artichoke-Mushroom Pizza



Vegetarian



Vegan



Dairy Free

READY IN



8 min.

SERVINGS



1

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup artichoke hearts drained chopped
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 piece basic bread pizzas french prepared
- ☐ 0.1 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons mushrooms sliced
- ☐ 0.5 teaspoon olive oil

Equipment

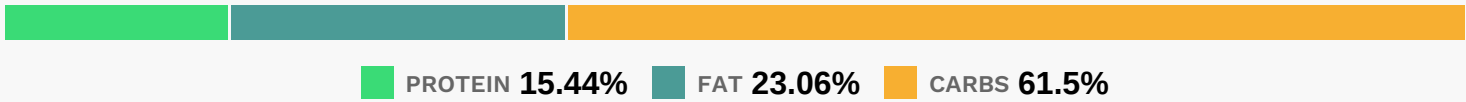
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat olive oil in a nonstick skillet over medium-high heat.
- ☐ Add artichokes, mushrooms, garlic, and Italian seasoning; saut 1 minute or until mushrooms are tender.
- ☐ Sprinkle artichoke mixture over 1 piece prepared pizza. Top with 1/4 cup cheese, and bake at 450 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:125.67, Glycemic Load:7.6, Inflammation Score:-2, Nutrition Score:6.5056522174374%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 135.82kcal (6.79%), Fat: 3.39g (5.22%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 16.74g (6.09%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 622.75mg (27.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.22%), Manganese: 0.4mg (20.1%), Selenium: 11.18µg (15.97%), Fiber: 3.61g (14.44%), Vitamin B3: 2.66mg (13.31%), Vitamin B2: 0.19mg (11.38%), Vitamin B1: 0.14mg (9.63%), Folate: 29.5µg (7.37%), Iron: 1.3mg (7.23%), Copper: 0.14mg (7.23%), Vitamin B5: 0.69mg (6.9%), Phosphorus: 65.75mg (6.57%), Vitamin B6: 0.1mg (4.77%), Calcium: 44.42mg (4.44%), Potassium: 146.72mg (4.19%), Vitamin K: 4.17µg (3.97%), Magnesium: 15.44mg (3.86%), Zinc: 0.48mg (3.2%), Vitamin E: 0.39mg (2.61%), Vitamin C: 1.46mg (1.77%)