



Artichoke Pizzas with Lemony Green Bean Salad

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup roasted almonds chopped
- 6 ounce artichokes drained cut in half
- 9 ounce french-cut green beans frozen thawed
- 4 servings kosher salt and pepper
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin
- 0.5 teaspoon oregano dried

- 2 pita breads split
- 12 ounce roasted peppers red drained sliced
- 6 ounces cheddar shredded

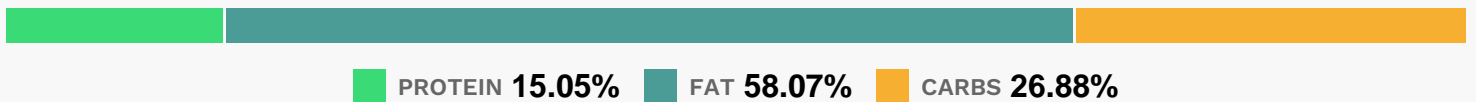
Equipment

- bowl
- frying pan
- broiler

Directions

- Heat broiler. Arrange the pita halves cut-side up on a broilerproof sheet pan.
- Drizzle with 2 tablespoons of the oil and broil until crisp, 2 to 3 minutes. Top with the red peppers, artichokes, almonds, Cheddar, and oregano. Broil until the cheese has melted, 2 to 3 minutes. Divide the green beans among bowls.
- Drizzle with the lemon juice and the remaining 1 tablespoon of oil. Season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Serve with the pizzas.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:16.84, Inflammation Score:-9, Nutrition Score:22.796956590984%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg, Naringenin: 5.46mg Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg, Apigenin: 3.19mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 452.45kcal (22.62%), Fat: 30.24g (46.53%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 24.58g (8.94%), Sugar: 3.23g (3.59%), Cholesterol: 42.52mg (14.17%), Sodium: 1830.53mg (79.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Vitamin C: 55.21mg (66.92%), Calcium: 430.62mg (43.06%), Vitamin K: 42.62µg (40.59%), Manganese: 0.74mg (36.99%), Phosphorus: 345.4mg (34.54%), Vitamin E: 4.52mg (30.12%), Fiber: 6.9g (27.6%), Vitamin A: 1318.79IU (26.38%), Vitamin B2: 0.44mg (25.82%), Magnesium: 94.84mg (23.71%), Folate: 85.25µg (21.31%), Copper: 0.41mg (20.44%), Selenium: 13.14µg (18.78%), Vitamin B6: 0.35mg (17.39%), Zinc: 2.6mg (17.33%), Potassium: 558.98mg (15.97%), Iron: 2.83mg (15.73%), Vitamin B1: 0.21mg (14.12%), Vitamin B3: 2.34mg (11.72%), Vitamin B12: 0.45µg (7.51%), Vitamin B5: 0.66mg (6.6%), Vitamin D: 0.26µg (1.7%)