



Artichoke-Spinach Pizza

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained quartered canned
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 10 ounce pkt spinach frozen thawed drained chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon oregano dried
- ☐ 2.5 ounces part-skim mozzarella cheese shredded grated
- ☐ 1 cup part-skim ricotta cheese

☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)

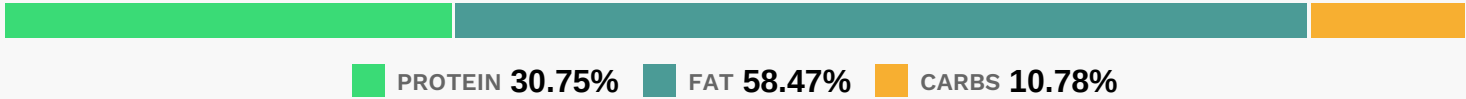
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine the first 5 ingredients in a medium bowl. Stir in spinach.
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread spinach mixture over pizza crust, leaving a 1/2-inch border; top with artichokes and cheese.
- ☐ Bake at 450 for 13 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:14.721739001896%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 270.49kcal (13.52%), Fat: 18.25g (28.08%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 5.66g (2.06%), Sugar: 0.89g (0.98%), Cholesterol: 26.62mg (8.87%), Sodium: 411.27mg (17.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.6g (43.2%), Vitamin K: 139.1µg (132.47%), Vitamin A: 4349.39IU (86.99%), Calcium: 316.38mg (31.64%), Folate: 58.37µg (14.59%), Manganese: 0.27mg (13.41%), Selenium: 8.62µg (12.32%), Phosphorus: 116.65mg (11.66%), Vitamin B2: 0.17mg (9.8%), Magnesium: 34.15mg (8.54%), Fiber: 1.91g (7.64%), Vitamin E: 1.09mg (7.27%), Zinc: 0.87mg (5.83%), Potassium: 179.26mg (5.12%), Iron: 0.9mg (5%), Vitamin B6: 0.08mg (3.9%), Copper: 0.07mg (3.38%), Vitamin C: 2.59mg (3.14%), Vitamin B1: 0.04mg (2.91%), Vitamin B12: 0.16µg (2.71%), Vitamin B5: 0.12mg (1.2%), Vitamin B3: 0.23mg (1.17%)