



Blue Cheese and Asparagus Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



260 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch asparagus trimmed
- ☐ 0.8 cup cheese blue crumbled
- ☐ 14 ounce prebaked pizza crust boboli® such as
- ☐ 0.5 cup pizza sauce
- ☐ 6 servings salt and pepper black to taste

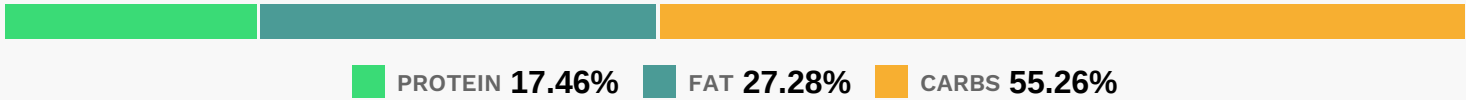
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Place asparagus on a baking sheet; drizzle with olive oil and sprinkle with salt and pepper.
- ☐ Bake the asparagus in the preheated oven for 10 minutes.
- ☐ While asparagus is baking, spread the pizza sauce over the pizza crust. Distribute asparagus pieces and crumbles of blue cheese evenly over the pizza.
- ☐ Return pizza to center rack of preheated oven; bake until the cheese is melted and bubbling, 8 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:9.2017390753912%

Flavonoids

Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg, Quercetin: 10.48mg

Nutrients (% of daily need)

Calories: 259.87kcal (12.99%), Fat: 8g (12.3%), Saturated Fat: 4.7g (29.35%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 33.58g (12.21%), Sugar: 3.22g (3.58%), Cholesterol: 12.66mg (4.22%), Sodium: 836.91mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin K: 32.18µg (30.64%), Iron: 3.65mg (20.3%), Calcium: 170.21mg (17.02%), Vitamin A: 784.16IU (15.68%), Folate: 46.91µg (11.73%), Fiber: 2.88g (11.52%), Phosphorus: 109.82mg (10.98%), Vitamin B2: 0.18mg (10.79%), Copper: 0.17mg (8.61%), Vitamin E: 1.18mg (7.89%), Vitamin B1: 0.12mg (7.8%), Potassium: 255.38mg (7.3%), Manganese: 0.14mg (7.12%), Vitamin C: 5.63mg (6.82%), Selenium: 4.29µg (6.14%), Zinc: 0.9mg (6%), Vitamin B6: 0.12mg (5.81%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 1.11mg (5.54%), Magnesium: 17.45mg (4.36%), Vitamin B12: 0.21µg (3.43%)