



Blue Cheese and Spinach Pizza

READY IN



13 min.

SERVINGS



2

CALORIES



935 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces baby spinach packed (4 lightly cups)
- 0.5 cup cheese blue crumbled
- 2 tablespoons olive oil
- 1 tablespoon parmesan grated
- 2 servings bell pepper
- 1 pound pizza dough whole-wheat refrigerated
- 0.3 cup walnuts coarsely chopped

Equipment

baking sheet

oven

Directions

Place a rack in bottom third of oven and preheat to 450F.

Brush bottom of an 11-by-15-inch baking sheet with 1 Tbsp. olive oil. Gently stretch or roll dough to cover sheet.

Bake crust until lightly browned, about 4 minutes.

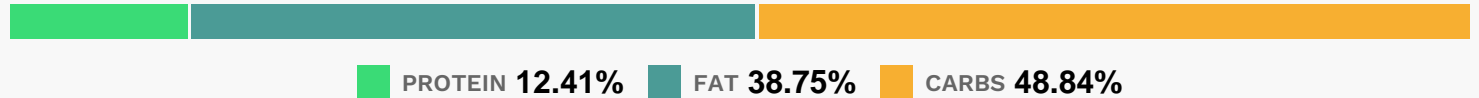
Remove from oven,

Scatter spinach leaves evenly over crust, leaving a 1-inch margin.

Sprinkle with blue cheese, walnuts and Parmesan. Season with pepper and drizzle with remaining 1 Tbsp. olive oil.

Bake until cheese has melted and spinach has wilted, about 7 minutes. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:29.683912919915%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 935.41kcal (46.77%), Fat: 41.29g (63.52%), Saturated Fat: 11.37g (71.04%), Carbohydrates: 117.09g (39.03%), Net Carbohydrates: 110.21g (40.08%), Sugar: 17.94g (19.93%), Cholesterol: 27.01mg (9%), Sodium: 2105.06mg (91.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.76g (59.51%), Vitamin K: 218.72µg (208.3%), Vitamin A: 6600.06IU (132%), Vitamin C: 107.5mg (130.3%), Manganese: 0.97mg (48.39%), Iron: 8.23mg (45.7%), Folate: 143.42µg (35.86%), Vitamin E: 4.25mg (28.32%), Fiber: 6.88g (27.53%), Calcium: 269.59mg (26.96%), Phosphorus: 238.77mg (23.88%), Vitamin B6: 0.44mg (21.83%), Magnesium: 74.5mg (18.63%), Vitamin B2: 0.3mg (17.82%), Copper: 0.31mg (15.74%), Potassium: 547.82mg (15.65%), Zinc: 1.83mg (12.2%), Selenium: 6.67µg (9.53%), Vitamin B5: 0.94mg (9.42%), Vitamin B1: 0.13mg (8.94%), Vitamin B3: 1.55mg (7.76%), Vitamin B12:

0.44µg (7.36%), Vitamin D: 0.18µg (1.21%)