



## Crab-Artichoke Pizza

READY IN



40 min.

SERVINGS



1

CALORIES



2097 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce artichoke hearts drained quartered
- 6 ounce crab meat drained canned
- 1.5 tablespoons garlic minced
- 2 tablespoons olive oil
- 0.5 cup parmesan shredded
- 1 pound pizza dough fresh
- 0.3 teaspoon pepper red
- 1 cup mozzarella cheese shredded

## Equipment

- oven
- pizza pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a pizza pan.
- Roll out pizza dough on a floured surface to a 14 or 16 inch circle; place onto a pizza pan.
- Sprinkle dough with red pepper flakes, then top evenly with crab and artichokes.
- Drizzle with olive oil, then sprinkle with garlic, Parmesan cheese, and mozzarella cheese.
- Bake in preheated oven until the cheese has melted and the crust is no longer doughy, about 20 minutes. Set oven to broil, and cook pizza for 5 minutes more until the cheese has begun to brown.

## Nutrition Facts

**PROTEIN 21.13%** **FAT 34.8%** **CARBS 44.07%**

## Properties

Glycemic Index:84, Glycemic Load:2.21, Inflammation Score:-8, Nutrition Score:42.562608905461%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 2096.79kcal (104.84%), Fat: 81.16g (124.86%), Saturated Fat: 30.47g (190.42%), Carbohydrates: 231.2g (77.07%), Net Carbohydrates: 221.35g (80.49%), Sugar: 31.14g (34.6%), Cholesterol: 193.92mg (64.64%), Sodium: 6843.58mg (297.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.88g (221.77%), Vitamin B12: 18.46µg (307.71%), Selenium: 94.01µg (134.3%), Calcium: 1259.49mg (125.95%), Phosphorus: 1135.85mg (113.59%), Zinc: 14.93mg (99.51%), Copper: 1.64mg (81.87%), Iron: 14.6mg (81.11%), Fiber: 9.85g (39.4%), Vitamin B2: 0.57mg (33.76%), Magnesium: 131.49mg (32.87%), Vitamin E: 4.56mg (30.37%), Vitamin A: 1337.77IU (26.76%), Vitamin B6: 0.5mg (25.07%), Folate: 86.68µg (21.67%), Vitamin K: 21.01µg (20.01%), Vitamin C: 15.65mg (18.97%), Manganese: 0.31mg (15.61%), Potassium: 536.27mg (15.32%), Vitamin B3: 2.27mg (11.33%), Vitamin B5: 1.06mg (10.56%), Vitamin

B1: 0.15mg (10.1%), Vitamin D: 0.7µg (4.65%)