



French Bread Pizza

 Vegetarian

READY IN



17 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained sliced canned
- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 16 ounce bread french cut in half lengthwise
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 4 cloves garlic sliced
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 1.5 cups pizza-pasta sauce
- ☐ 2 ounces provolone cheese shredded

☐

0.5 cup tomatoes seeded chopped

Equipment

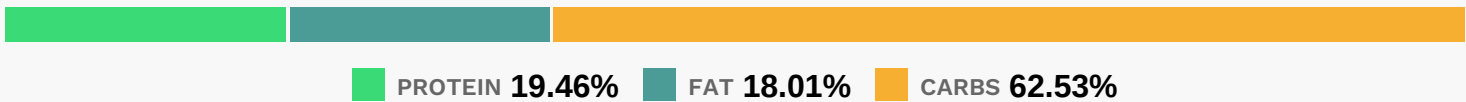
☐

oven

Directions

- ☐ Spread pizza sauce evenly over French bread halves. Arrange mushrooms and next 4 ingredients evenly over sauce.
- ☐ Sprinkle with cheeses.
- ☐ Bake at 450 for 10 minutes or until cheese melts and bread is lightly browned.
- ☐ Cut each bread half into 3 portions.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:31.66, Inflammation Score:-7, Nutrition Score:17.396956568179%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 305.81kcal (15.29%), Fat: 6.18g (9.5%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 43.49g (15.82%), Sugar: 7.15g (7.95%), Cholesterol: 12.57mg (4.19%), Sodium: 1199.16mg (52.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.03%), Vitamin B1: 0.58mg (38.71%), Selenium: 25.82µg (36.88%), Manganese: 0.66mg (32.9%), Iron: 5.03mg (27.93%), Folate: 108.62µg (27.15%), Vitamin B2: 0.45mg (26.24%), Vitamin K: 26.48µg (25.22%), Vitamin B3: 4.73mg (23.65%), Calcium: 230.03mg (23%), Phosphorus: 208.71mg (20.87%), Fiber: 4.75g (18.99%), Copper: 0.28mg (13.79%), Magnesium: 52.38mg (13.09%), Zinc: 1.76mg (11.75%), Potassium: 388.24mg (11.09%), Vitamin B6: 0.22mg (10.93%), Vitamin A: 507.36IU (10.15%), Vitamin E: 1.29mg (8.59%), Vitamin C: 6.62mg (8.03%), Vitamin B5: 0.68mg (6.82%), Vitamin B12: 0.22µg (3.59%)