



French Bread Pizzas

READY IN



20 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf bread french
- ☐ 1 clove garlic
- ☐ 2 tablespoons olive oil
- ☐ 8 oz part-skim mozzarella cheese grated
- ☐ 0.8 cup tomato sauce
- ☐ 32 slices turkey pepperoni

Equipment

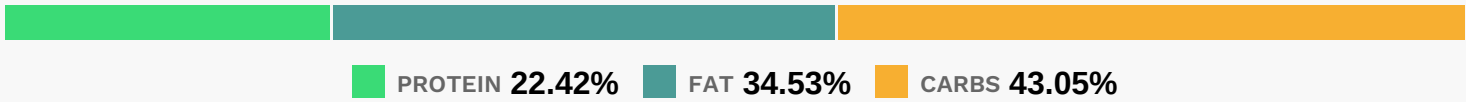
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 400F. Slice French bread in half lengthwise and then cut each piece in half again to make 4 equal pieces.
- ☐ Brush each piece with 1/2 Tbsp. olive oil.
- ☐ Place bread on a baking sheet and bake until lightly toasted, 5 minutes.
- ☐ Remove bread from oven and rub cut side of each piece with peeled garlic clove.
- ☐ Spread tomato sauce over bread, sprinkle with grated cheese and top with turkey pepperoni slices.
- ☐ Place assembled pizzas in oven and bake until cheese is melted and bubbly, 5 to 7 minutes.
- ☐ Cut each piece into thirds and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:40.87, Inflammation Score:-7, Nutrition Score:20.585217221923%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 524.25kcal (26.21%), Fat: 20.21g (31.09%), Saturated Fat: 7.77g (48.56%), Carbohydrates: 56.69g (18.9%), Net Carbohydrates: 53.79g (19.56%), Sugar: 6.9g (7.67%), Cholesterol: 53.61mg (17.87%), Sodium: 1432.58mg (62.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.04%), Selenium: 37.15µg (53.07%), Calcium: 506.91mg (50.69%), Vitamin B1: 0.73mg (48.85%), Phosphorus: 381.07mg (38.11%), Vitamin B2: 0.63mg (37.03%), Folate: 132.82µg (33.21%), Manganese: 0.59mg (29.57%), Iron: 4.91mg (27.27%), Vitamin B3: 5.34mg (26.7%), Zinc: 3.32mg (22.13%), Magnesium: 57.89mg (14.47%), Vitamin E: 1.96mg (13.06%), Copper: 0.25mg (12.47%), Fiber: 2.9g (11.62%), Potassium: 367.36mg (10.5%), Vitamin B6: 0.2mg (10.05%), Vitamin A: 478.6IU (9.57%), Vitamin B12: 0.46µg (7.75%), Vitamin K: 7.12µg (6.78%), Vitamin B5: 0.53mg (5.25%), Vitamin C: 3.45mg (4.18%), Vitamin D: 0.17µg (1.13%)