



## Garden Salad-Topped Pizza

 Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp classic ranch dressing cheese dressing italian kraft
- 3 Tbsp olive black pitted
- 1 rising-crust four-cheese pizza frozen
- 0.5 onion red cut into thin wedges
- 3.5 cups torn romaine lettuce
- 1 small tomatoes quartered cut into thin slices,

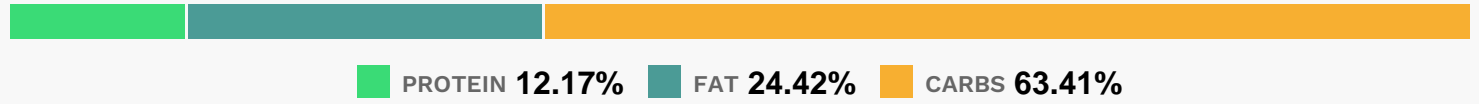
### Equipment

- oven

## Directions

- Bake pizza as directed on package.
- Meanwhile, toss lettuce with onions, tomatoes, olives and dressing.
- Cut pizza into 6 wedges; top with salad.

## Nutrition Facts



## Properties

Glycemic Index:10.83, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:6.6465216479062%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

## Nutrients (% of daily need)

Calories: 218.35kcal (10.92%), Fat: 5.96g (9.16%), Saturated Fat: 1.95g (12.16%), Carbohydrates: 34.79g (11.6%), Net Carbohydrates: 32.75g (11.91%), Sugar: 2.37g (2.63%), Cholesterol: 1.3mg (0.43%), Sodium: 460.77mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Vitamin A: 2532.13IU (50.64%), Vitamin K: 36.09µg (34.37%), Iron: 2.16mg (11.98%), Folate: 41.62µg (10.41%), Fiber: 2.04g (8.17%), Calcium: 76.15mg (7.61%), Vitamin C: 3.85mg (4.67%), Manganese: 0.07mg (3.69%), Potassium: 121.93mg (3.48%), Vitamin E: 0.38mg (2.55%), Phosphorus: 23.98mg (2.4%), Vitamin B6: 0.05mg (2.31%), Vitamin B1: 0.03mg (2.08%), Magnesium: 7.11mg (1.78%), Vitamin B2: 0.03mg (1.67%), Copper: 0.03mg (1.57%), Vitamin B5: 0.1mg (1.05%)