



Garlic and Artichoke Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound colby-monterey jack cheese shredded
- ☐ 2 cloves garlic minced
- ☐ 6 ounce marinated artichoke hearts drained
- ☐ 1 unbaked pizza crust
- ☐ 0.8 cup spaghetti sauce
- ☐ 1 medium tomatoes sliced cut in half and

Equipment

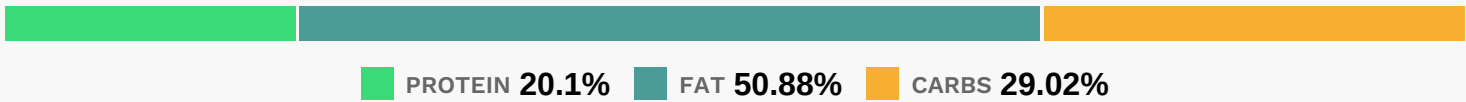
- ☐ frying pan

- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat the oven to 450 degrees F (230 degrees C). Prepare pizza crust according to recipe or package instructions.
- ☐ Place on a pizza pan.
- ☐ Pour the liquid from the artichokes into a small skillet, and bring to a boil over medium heat. Cook for 1 minute, or until the liquid is almost gone.
- ☐ Add garlic, and cook, stirring, for less than a minute.
- ☐ Add artichoke hearts, stir to coat with garlic flavor, then remove from heat, and set aside.
- ☐ Spread spaghetti sauce over the prepared pizza crust.
- ☐ Sprinkle with cheese, then place the artichoke hearts and garlic over the cheese. Arrange tomato slices evenly over the top.
- ☐ Bake for 20 minutes in the preheated oven, until crust is puffed and golden, and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:8.9030435603598%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 379.27kcal (18.96%), Fat: 21.44g (32.99%), Saturated Fat: 12.18g (76.13%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 25.79g (9.38%), Sugar: 2.47g (2.75%), Cholesterol: 50.46mg (16.82%), Sodium: 793.26mg (34.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.06g (38.12%), Calcium: 478.33mg (47.83%), Phosphorus: 262.78mg (26.28%), Vitamin A: 876.23IU (17.52%), Vitamin B2: 0.24mg (14.11%), Iron: 2.18mg (12.12%), Selenium: 8.47µg (12.09%), Zinc: 1.79mg (11.91%), Vitamin C: 8.41mg (10.2%), Vitamin B12: 0.47µg (7.84%), Fiber: 1.72g

(6.87%), Magnesium: 20.63mg (5.16%), Vitamin B6: 0.09mg (4.45%), Potassium: 153.59mg (4.39%), Vitamin E: 0.56mg (3.75%), Folate: 14.6µg (3.65%), Vitamin K: 3.29µg (3.13%), Manganese: 0.06mg (3.04%), Copper: 0.06mg (2.79%), Vitamin D: 0.34µg (2.27%), Vitamin B5: 0.21mg (2.08%), Vitamin B3: 0.38mg (1.88%), Vitamin B1: 0.02mg (1.41%)