



Gluten-Free Greek Appetizer Pizza

READY IN



35 min.

SERVINGS



16

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup feta cheese gluten-free crumbled
- ☐ 0.3 cup kalamata olives pitted drained cut in half
- ☐ 6 oz marinated artichoke drained coarsely chopped
- ☐ 1 container pizza dough gluten free refrigerated pillsbury®
- ☐ 0.3 cup roasted peppers red drained chopped (from a jar)
- ☐ 4 oz mozzarella cheese shredded

Equipment

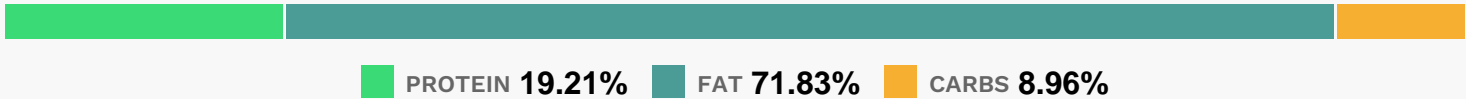
- ☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 400°F. Grease cookie sheet and hands. Press dough into 12x10-inch rectangle on cookie sheet.
- ☐ Bake 10 to 12 minutes or until edges are beginning to brown.
- ☐ Sprinkle with remaining ingredients.
- ☐ Bake 6 to 9 minutes longer or until crust is deep golden brown and mozzarella cheese is melted.
- ☐ Cut into 5 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:1.7856521593488%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 50.14kcal (2.51%), Fat: 3.99g (6.14%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.2g (0.22%), Cholesterol: 9.77mg (3.26%), Sodium: 222.53mg (9.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Calcium: 63.69mg (6.37%), Vitamin C: 3.59mg (4.35%), Phosphorus: 41.58mg (4.16%), Vitamin B12: 0.24µg (4.01%), Vitamin A: 200.22IU (4%), Vitamin B2: 0.06mg (3.57%), Selenium: 1.94µg (2.77%), Zinc: 0.35mg (2.32%), Vitamin B6: 0.03mg (1.43%), Fiber: 0.34g (1.37%)