



Gourmet Pizzas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup artichoke hearts canned drained cut into eighths
- ☐ 0.3 teaspoon basil dried
- ☐ 1 teaspoon garlic fresh chopped
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 1.5 tablespoons kalamata olives pitted coarsely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 8 ounce pizza crusts italian cheese-flavored (such as Boboli)
- ☐ 0.3 teaspoon pepper dried red crushed

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3 tablespoons no-salt-added tomato paste

Equipment

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bowl

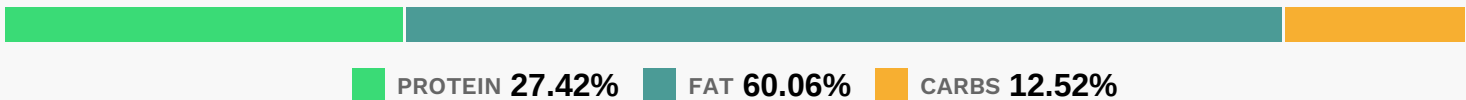
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oven

Directions

- ☐ Combine first 5 ingredients in a small bowl, stirring well.
- ☐ Spread mixture evenly over pizza crusts, leaving a 1/2-inch border around sides.
- ☐ Sprinkle evenly with olives; arrange artichoke on top.
- ☐ Bake at 450 for 5 minutes.
- ☐ Sprinkle evenly with cheese; bake an additional 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:6.9217390366223%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 465.75kcal (23.29%), Fat: 32.42g (49.88%), Saturated Fat: 6.75g (42.17%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 11.39g (4.14%), Sugar: 4.17g (4.64%), Cholesterol: 29.12mg (9.71%), Sodium: 1043.18mg (45.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.61%), Calcium: 280.47mg (28.05%), Fiber: 3.81g (15.24%), Vitamin A: 626.4IU (12.53%), Vitamin K: 11.72µg (11.16%), Copper: 0.21mg (10.66%), Vitamin E: 1.58mg (10.52%), Manganese: 0.18mg (8.9%), Iron: 1.56mg (8.66%), Potassium: 276.3mg (7.89%), Vitamin C: 5.75mg (6.97%), Vitamin B6: 0.12mg (6.23%), Phosphorus: 60.87mg (6.09%), Vitamin B2: 0.1mg (5.95%), Vitamin B3: 0.9mg (4.52%), Magnesium: 17.32mg (4.33%), Selenium: 2.03µg (2.9%), Zinc: 0.35mg (2.31%), Vitamin B1: 0.03mg (2.06%), Folate: 7.61µg (1.9%), Vitamin B5: 0.15mg (1.52%)