



Grape, Blue Cheese, and Walnut Pizza



Vegetarian

READY IN



14 min.

SERVINGS



1

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2.8 ounce flat parsley whole wheat (such as Flatout Harvest Wheat)
- ☐ 0.8 cup grapes red seedless halved
- ☐ 2 tablespoons walnuts toasted chopped

Equipment

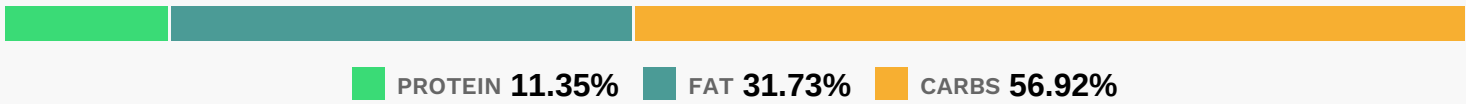
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Place flatbread on rack in oven; bake at 375 for 3 minutes or until lightly browned.
- ☐ Remove flatbread from oven; top with grapes, cheese, and walnuts.
- ☐ Place flatbread back on rack in oven; bake 5 minutes or until cheese melts and crust is browned.
- ☐ While pizza bakes, bring vinegar to a boil in a small saucepan. Boil 1 minute or until vinegar thickens and reduces to about 1/2 tablespoon. Top pizza with arugula; drizzle with balsamic syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:272, Glycemic Load:53.38, Inflammation Score:-7, Nutrition Score:16.445652058591%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 509.81kcal (25.49%), Fat: 18.32g (28.19%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 69.53g (25.29%), Sugar: 23.34g (25.93%), Cholesterol: 10.5mg (3.5%), Sodium: 601.89mg (26.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Manganese: 1.25mg (62.62%), Vitamin K: 39.21µg (37.34%), Copper: 0.62mg (31.22%), Vitamin B1: 0.37mg (24.74%), Phosphorus: 239.51mg (23.95%), Calcium: 213.75mg (21.38%), Magnesium: 76.63mg (19.16%), Fiber: 4.43g (17.7%), Folate: 65.36µg (16.34%), Potassium: 545.24mg (15.58%), Vitamin B2: 0.26mg (15.11%), Iron: 2.67mg (14.82%), Vitamin B6: 0.27mg (13.48%), Vitamin A: 660.16IU (13.2%), Zinc: 1.86mg (12.37%), Vitamin B3: 2.34mg (11.71%), Vitamin C: 6.88mg (8.34%), Vitamin B5: 0.82mg (8.15%), Selenium: 3.18µg (4.55%), Vitamin E: 0.48mg (3.17%), Vitamin B12: 0.17µg (2.85%)