



Greek Appetizer Flatbread

READY IN



15 min.

SERVINGS



6

CALORIES



215 kcal

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 6 cherry tomatoes cut in fourths
- ☐ 3 ounces cream cheese fat-free softened
- ☐ 0.3 cup kalamata olives pitted cut in half
- ☐ 2 teaspoons oregano leaves dried
- ☐ 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- ☐ 0.5 cup onion red thinly sliced

Equipment

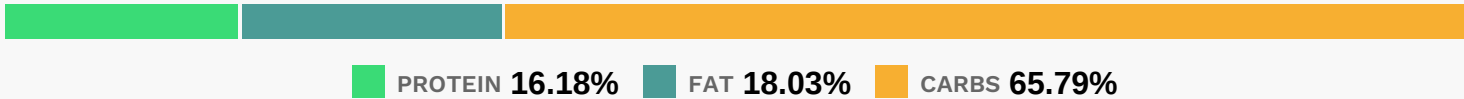
- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 15x10-inch pan with sides with cooking spray.
- ☐ Unroll dough in pan; starting at center, press dough into 15x10-inch rectangle.
- ☐ Bake 13 to 18 minutes or until edges of crust are golden brown.
- ☐ In small bowl, stir Greek seasoning into cream cheese; spread over crust. Top with spinach, onion and olives.
- ☐ Serve immediately, or cover and refrigerate 1 to 2 hours before serving. To serve, cut into 6 rows by 4 rows. Top each piece with tomato.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:5.6900000209394%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 214.89kcal (10.74%), Fat: 4.33g (6.66%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 35.55g (11.85%), Net Carbohydrates: 33.58g (12.21%), Sugar: 2.84g (3.15%), Cholesterol: 1.7mg (0.57%), Sodium: 568.8mg (24.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Vitamin K: 28.96µg (27.58%), Calcium: 133.46mg (13.35%), Iron: 2.36mg (13.12%), Vitamin A: 600.57IU (12.01%), Phosphorus: 86.5mg (8.65%), Fiber: 1.97g (7.88%), Vitamin C: 6.28mg (7.62%), Manganese: 0.12mg (5.78%), Folate: 21.21µg (5.3%), Vitamin E: 0.61mg (4.06%), Potassium: 135.38mg (3.87%), Vitamin B2: 0.06mg (3.44%), Magnesium: 12.56mg (3.14%), Vitamin B6: 0.06mg (2.78%), Vitamin B12: 0.13µg (2.24%), Copper: 0.04mg (2.14%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.17mg (1.69%), Vitamin B1: 0.02mg (1.64%), Selenium: 0.99µg (1.42%), Vitamin B3: 0.22mg (1.12%)