 8%  
HEALTH SCORE

## Greek Isles Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



1435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 medium eggplant
- 1 tablespoon parsley dried fresh chopped
- 2 garlic clove minced
- 0.3 pound kalamata olives pitted ripe halved
- 2 tablespoons olive oil divided
- 0.5 teaspoon oregano dried
- 6 servings oregano fresh
- 8 ounces cheese shredded
- 12 inch uncook pizza crust

- 3 plum tomatoes sliced
- 1 teaspoon salt

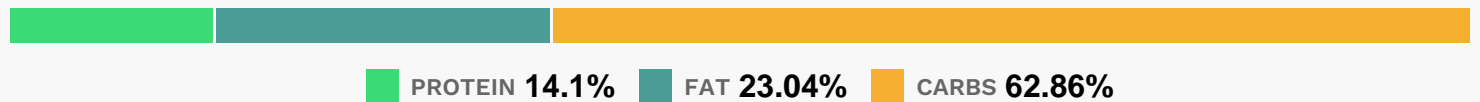
## Equipment

- paper towels
- oven

## Directions

- Peel eggplant, and cut into 1-inch cubes.
- Sprinkle with salt, and press gently between paper towels; set aside.
- Brush pizza crust with 1 tablespoon olive oil. Arrange tomato slices over crust.
- Sprinkle with eggplant, olive halves, and next 4 ingredients.
- Drizzle with remaining 1 tablespoon olive oil.
- Bake at 400 for 20 minutes.
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:0.98, Inflammation Score:-8, Nutrition Score:14.472608721775%

## Flavonoids

Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg, Delphinidin: 32.71mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1435.43kcal (71.77%), Fat: 36.73g (56.51%), Saturated Fat: 16.3g (101.9%), Carbohydrates: 225.44g (75.15%), Net Carbohydrates: 215.87g (78.5%), Sugar: 9.56g (10.62%), Cholesterol: 29.86mg (9.95%), Sodium:

3320.75mg (144.38%), Alcohol: Og (100%), Protein: 50.57g (101.13%), Iron: 13.27mg (73.74%), Calcium: 642.65mg (64.26%), Fiber: 9.57g (38.29%), Vitamin K: 19.53µg (18.6%), Phosphorus: 155.88mg (15.59%), Vitamin B12: 0.86µg (14.36%), Vitamin E: 1.99mg (13.26%), Vitamin A: 623.21IU (12.46%), Manganese: 0.24mg (12.19%), Selenium: 6.95µg (9.93%), Zinc: 1.29mg (8.58%), Vitamin B2: 0.14mg (8.44%), Vitamin C: 5.84mg (7.08%), Potassium: 225.32mg (6.44%), Magnesium: 23.14mg (5.78%), Vitamin B6: 0.1mg (5.21%), Folate: 19.65µg (4.91%), Copper: 0.09mg (4.47%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.61mg (3.05%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.15µg (1.01%)