



Greek Lamb Pizza



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces feta cheese crumbled
- ☐ 2 servings lamb steaks sweet with herbes de provence and grilled onions, cut into 1-inch pieces
- ☐ 0.8 cup tomatoes fat-free
- ☐ 2.5 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup pepperoncini peppers sliced
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)

Equipment

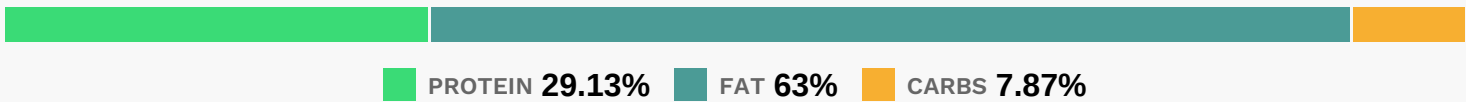
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread marinara sauce over crust, leaving a 1/2-inch border. Top evenly with Lamb Steaks with Herbes de Provence and Grilled Sweet Onions.
- ☐ Sprinkle with feta and mozzarella cheeses.
- ☐ Bake pizza at 450 for 12 minutes or until cheeses melt.
- ☐ Remove pizza from oven; sprinkle with pepperoncini peppers.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:7.42086961995%

Nutrients (% of daily need)

Calories: 324.57kcal (16.23%), Fat: 23.8g (36.61%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.56g (2.02%), Sugar: 2g (2.22%), Cholesterol: 38.13mg (12.71%), Sodium: 624.96mg (27.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.76g (49.51%), Calcium: 367.15mg (36.72%), Phosphorus: 145.69mg (14.57%), Vitamin B2: 0.21mg (12.32%), Vitamin C: 9.87mg (11.97%), Vitamin K: 11.13µg (10.6%), Vitamin A: 389.3IU (7.79%), Vitamin B6: 0.15mg (7.4%), Selenium: 5µg (7.14%), Zinc: 1.05mg (6.99%), Iron: 1.23mg (6.81%), Vitamin B12: 0.38µg (6.41%), Vitamin E: 0.8mg (5.35%), Potassium: 184.02mg (5.26%), Manganese: 0.1mg (5.1%), Fiber: 1.14g (4.55%), Magnesium: 16.08mg (4.02%), Vitamin B3: 0.74mg (3.68%), Copper: 0.07mg (3.67%), Folate: 13.88µg (3.47%), Vitamin B5: 0.31mg (3.14%), Vitamin B1: 0.04mg (2.99%)