



Greek Party" Pizza

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



2

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pizza cheese frozen
- 0.3 cup kalamata olives pitted chopped
- 1 oz feta cheese crumbled
- 2 tablespoons spring onion sliced (2 medium)

Equipment

- baking sheet
- oven

Directions

- Heat oven to 450°F.
- Place frozen pizza on ungreased cookie sheet. Top with olives and feta cheese.
- Bake 13 to 15 minutes or until center is thoroughly heated and cheese is melted.
- Sprinkle with green onions.

Nutrition Facts

PROTEIN 14.2% **FAT 76.09%** **CARBS 9.71%**

Properties

Glycemic Index:29.5, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.1508695560953%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 65.56kcal (3.28%), Fat: 5.77g (8.87%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.23g (0.26%), Cholesterol: 12.72mg (4.24%), Sodium: 426.75mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin K: 12.91µg (12.3%), Calcium: 83.98mg (8.4%), Vitamin B2: 0.13mg (7.39%), Phosphorus: 50.66mg (5.07%), Vitamin E: 0.7mg (4.68%), Vitamin B12: 0.24µg (3.99%), Vitamin A: 185.96IU (3.72%), Vitamin B6: 0.07mg (3.45%), Selenium: 2.31µg (3.31%), Zinc: 0.44mg (2.92%), Fiber: 0.71g (2.85%), Folate: 8.88µg (2.22%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.49%), Iron: 0.26mg (1.46%), Vitamin B5: 0.15mg (1.45%), Magnesium: 5.75mg (1.44%), Vitamin C: 1.13mg (1.37%), Vitamin B3: 0.21mg (1.06%)