



## Greek Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.8 cup feta cheese crumbled
- 0.3 cup basil fresh chopped
- 2 cloves garlic minced
- 4 servings ground pepper black to taste
- 2.3 teaspoons juice of lemon
- 1 tablespoon olive oil
- 0.5 cup onion diced
- 1.5 teaspoons oregano dried
- 14 ounce pizza crust refrigerated

- 0.3 cup seasoned bread crumbs
- 1 cup mozzarella cheese shredded
- 10 ounce pkt spinach frozen dry thawed chopped
- 1 large tomatoes thinly sliced

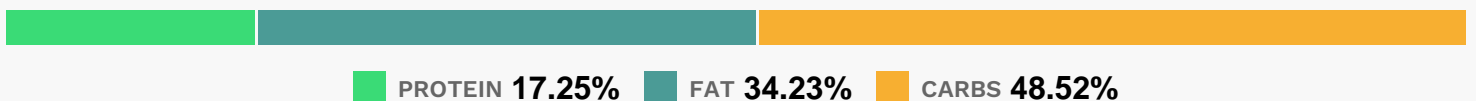
## Equipment

- frying pan
- baking sheet
- oven
- pizza stone

## Directions

- Preheat oven to 400 degrees F (200 degrees C). If using a pizza stone, place in oven to preheat.
- Heat 1 tablespoon olive oil in a large skillet; cook and stir onion and garlic until tender, about 5 minutes.
- Add spinach and continue to cook and stir until all liquid has evaporated, 5 to 7 minutes.
- Remove from heat and season with basil, lemon juice, oregano, and pepper. Allow mixture to cool slightly.
- Unroll pizza dough on preheated pizza stone or a large baking sheet and brush with remaining 1 tablespoon olive oil.
- Spread spinach mixture over dough, leaving a small border at the edge of the pizza crust. Top with 1 cup mozzarella cheese.
- Press tomato slices into seasoned bread crumbs until coated; arrange tomatoes over pizza.
- Spread remaining 1 cup mozzarella cheese and feta cheese over tomatoes.
- Bake in preheated oven until pizza crust is golden brown and cheese is melted, about 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:64, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:26.623912894207%

## Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

## Nutrients (% of daily need)

Calories: 514.04kcal (25.7%), Fat: 20g (30.77%), Saturated Fat: 8.88g (55.47%), Carbohydrates: 63.82g (21.27%), Net Carbohydrates: 58.49g (21.27%), Sugar: 9.64g (10.71%), Cholesterol: 47.25mg (15.75%), Sodium: 1403.31mg (61.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Vitamin K: 286.26µg (272.63%), Vitamin A: 9110.08IU (182.2%), Calcium: 416.83mg (41.68%), Manganese: 0.78mg (39.21%), Folate: 139.67µg (34.92%), Vitamin B2: 0.54mg (31.66%), Iron: 5.36mg (29.79%), Phosphorus: 267.68mg (26.77%), Selenium: 16.06µg (22.94%), Fiber: 5.33g (21.31%), Vitamin E: 3.09mg (20.63%), Magnesium: 79.4mg (19.85%), Vitamin B12: 1.15µg (19.15%), Vitamin B6: 0.36mg (17.97%), Vitamin C: 13.73mg (16.64%), Vitamin B1: 0.25mg (16.41%), Zinc: 2.33mg (15.54%), Potassium: 468.23mg (13.38%), Copper: 0.19mg (9.5%), Vitamin B3: 1.64mg (8.2%), Vitamin B5: 0.53mg (5.3%), Vitamin D: 0.22µg (1.5%)