



Greek Pizza

 Vegetarian

READY IN

ready

37 min.

SERVINGS

servings

6

CALORIES

calories

369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces baby spinach leaves
- ☐ 4 ounce feta cheese crumbled chunk recommended: Athenos
- ☐ 0.8 cup mint leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 leeks white green thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 pound pizza dough store-bought
- ☐ 6 servings salt and pepper black freshly ground

☐ 2 tablespoons butter unsalted softened

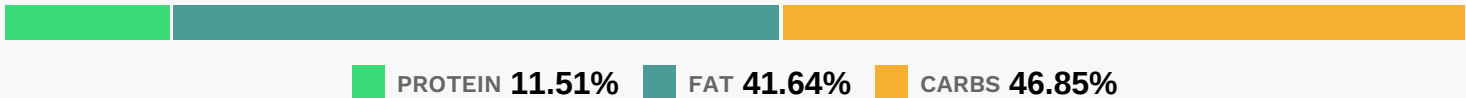
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven. Preheat the oven to 450 degrees F. Dust a heavy baking sheet with cornmeal. Set aside.
- ☐ On a lightly floured work surface, roll out the dough into a 1/4-inch thick rectangle about 16 inches long and 8 inches wide.
- ☐ Transfer the dough to the prepared baking sheet.
- ☐ For the topping: In a large skillet, heat the oil over medium-high heat.
- ☐ Add the leeks and season with salt and pepper. Cook, stirring frequently until tender, about 5 minutes.
- ☐ Add the garlic and cook for 30 seconds until aromatic. In batches, add the spinach and cook until wilted, about 5 minutes.
- ☐ Remove the pan from the heat and add the feta cheese and mint. Season with salt and pepper, to taste.
- ☐ Using the tines of a fork, prick the surface of the dough all over.
- ☐ Spread the spinach mixture on top and dot with butter.
- ☐ Bake until the dough is golden and crunchy, 15 to 18 minutes.
- ☐ Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.79, Inflammation Score:-10, Nutrition Score:21.065652318623%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg, Kaempferol: 4.41mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 368.96kcal (18.45%), Fat: 17.57g (27.02%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 41.04g (14.92%), Sugar: 6.1g (6.78%), Cholesterol: 26.85mg (8.95%), Sodium: 815.43mg (35.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.93g (21.86%), Vitamin K: 292.87µg (278.92%), Vitamin A: 6247.22IU (124.94%), Manganese: 0.76mg (38.04%), Folate: 141.65µg (35.41%), Vitamin C: 21.75mg (26.36%), Iron: 4.68mg (26.03%), Calcium: 184.83mg (18.48%), Vitamin B2: 0.29mg (17.29%), Vitamin E: 2.58mg (17.18%), Magnesium: 61.83mg (15.46%), Vitamin B6: 0.29mg (14.31%), Fiber: 3.42g (13.69%), Potassium: 422.04mg (12.06%), Phosphorus: 109.54mg (10.95%), Copper: 0.14mg (7.02%), Vitamin B1: 0.1mg (6.61%), Zinc: 0.97mg (6.44%), Selenium: 3.96µg (5.66%), Vitamin B12: 0.33µg (5.46%), Vitamin B3: 0.83mg (4.13%), Vitamin B5: 0.3mg (2.96%)