



Greek Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup feta crumbled
- ☐ 1 cup grape tomatoes softened halved
- ☐ 0.5 cup tomatoes
- ☐ 0.5 cup onion cooked chopped
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 5 servings pizza dough refrigerated
- ☐ 8 ounces shrimp deveined peeled

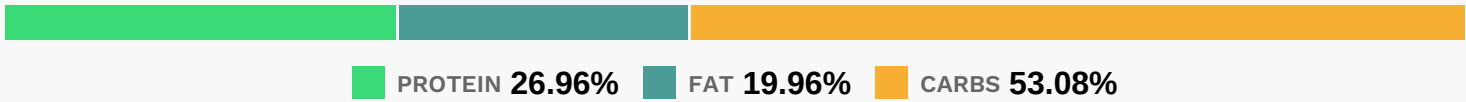
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Spread marinara sauce on prepared dough (see "All About Dough" below), then top with grape tomatoes, cooked chopped onion, crumbled feta; and shrimp.
- ☐ Bake at 450 for 15 minutes or until shrimp is cooked through and crust is golden brown.
- ☐ Sprinkle with chopped fresh oregano.
- ☐ Cut into 5 slices, and serve.
- ☐ All About Dough
- ☐ Where to buy it: You can get refrigerated pizza dough at your local pizzeria or supermarket (Trader Joe's, Whole Foods, and Albertsons make great ones).
- ☐ Let dough sit at room temperature for 15 minutes before rolling it out, and arrange your oven rack at the lowest position. Then follow these directions, add toppings, and bake.
- ☐ Pizza prep: Preheat oven to 45
- ☐ Roll out 1 (1-pound) whole-wheat or regular store-bought pizza dough on a lightly floured surface with a floured rolling pin into a 13-inch round or 13- x 12-inch rectangle. Lightly spray a large baking sheet with olive oil; sprinkle with cornmeal.
- ☐ Transfer dough to prepared sheet.
- ☐ Roll up sides 1-inch to form a rim.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:1.23, Inflammation Score:-8, Nutrition Score:7.2217391016691%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 238.82kcal (11.94%), Fat: 5.42g (8.33%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 30.14g (10.96%), Sugar: 5.91g (6.57%), Cholesterol: 86.38mg (28.79%), Sodium: 755.6mg (32.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Phosphorus: 167.51mg (16.75%), Iron: 2.59mg (14.39%), Calcium: 129.04mg (12.9%), Copper: 0.24mg (12.02%), Vitamin B2: 0.16mg (9.28%), Vitamin K: 9.59µg (9.13%), Fiber: 2.28g (9.11%), Potassium: 308.4mg (8.81%), Vitamin A: 434.95IU (8.7%), Vitamin C: 7mg (8.49%), Zinc: 1.2mg (7.99%), Magnesium: 29.98mg (7.49%), Manganese: 0.15mg (7.49%), Vitamin B6: 0.14mg (7.05%), Vitamin E: 0.73mg (4.84%), Vitamin B12: 0.25µg (4.23%), Folate: 16.89µg (4.22%), Selenium: 2.52µg (3.6%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.28mg (2.76%)