



Greek Pizza

READY IN



10 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 oz athenos feta cheese crumbled traditional
- ☐ 1 green onion sliced
- ☐ 2 tablespoons kalamata olives halved
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.3 cup marinated artichoke hearts drained chopped
- ☐ 1 ready-to-use baked pizza crust
- ☐ 0.3 cup roasted peppers red drained cut into strips
- ☐ 0.3 cup tzatziki

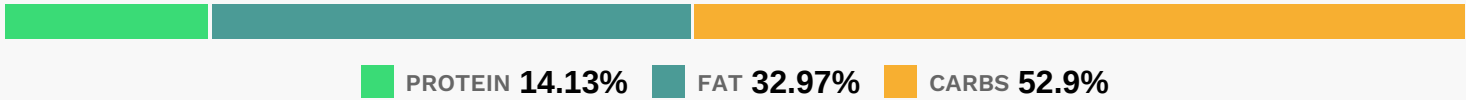
Equipment

☐ oven

Directions

- ☐ HEAT oven to 450F.
- ☐ SPREAD crust with tzatziki; top with next 4 ingredients.
- ☐ BAKE directly on oven rack 8 to 10 min. or until cheese is softened and edge of crust is golden brown.
- ☐ DRIZZLE with lemon juice; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:6.422173888787%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 390.43kcal (19.52%), Fat: 14.34g (22.06%), Saturated Fat: 6.72g (42.01%), Carbohydrates: 51.76g (17.25%), Net Carbohydrates: 49.69g (18.07%), Sugar: 2.33g (2.59%), Cholesterol: 27.69mg (9.23%), Sodium: 1152.15mg (50.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.65%), Calcium: 260.05mg (26%), Iron: 3.11mg (17.25%), Vitamin B2: 0.25mg (14.43%), Vitamin C: 9.19mg (11.14%), Phosphorus: 98.96mg (9.9%), Fiber: 2.07g (8.3%), Vitamin B12: 0.48µg (7.99%), Vitamin A: 385.23IU (7.7%), Vitamin B6: 0.14mg (7.06%), Vitamin K: 6.78µg (6.45%), Selenium: 4.34µg (6.2%), Zinc: 0.85mg (5.65%), Folate: 13.51µg (3.38%), Vitamin B1: 0.05mg (3.3%), Vitamin B5: 0.29mg (2.87%), Magnesium: 7.69mg (1.92%), Vitamin B3: 0.36mg (1.79%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.43%), Manganese: 0.03mg (1.37%), Potassium: 45.46mg (1.3%)