



## Greek Pizza

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup olives black pitted chopped
- ☐ 14.5 oz canned tomatoes diced drained canned
- ☐ 8 ounces feta cheese crumbled
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried fresh chopped (or 2 Tbsp. , )
- ☐ 1 pound pizza dough frozen thawed
- ☐ 1 small zucchini ends trimmed thinly sliced cut in half lengthwise,

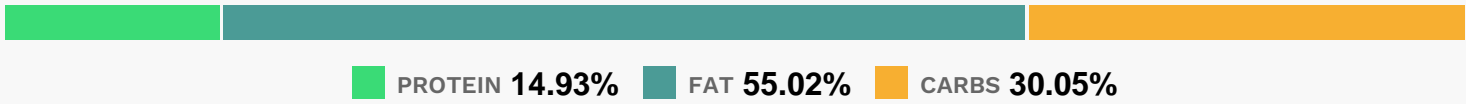
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ spatula

## Directions

- ☐ Preheat oven to 475F.
- ☐ Brush bottom of a 16- by 11-inch rimmed baking sheet with 1 Tbsp. olive oil.
- ☐ Roll out and press pizza dough evenly to cover bottom of pan. (If dough resists at first, let it rest for a few minutes and then continue.)
- ☐ Spread tomatoes over dough.
- ☐ Sprinkle with zucchini slices, then with oregano. Scatter cheese and olives on top.
- ☐ Bake until underside of crust is golden (you can lift up pizza with a spatula and take a peek) and cheese is lightly browned, 15 to 20 minutes.
- ☐ Drizzle with remaining 1 Tbsp. olive oil.
- ☐ Let pizza stand for 5 minutes on a wire rack before slicing and serving.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:25.420434526775%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 579.07kcal (28.95%), Fat: 36.09g (55.52%), Saturated Fat: 13.76g (86.02%), Carbohydrates: 44.34g (14.78%), Net Carbohydrates: 38.93g (14.16%), Sugar: 9.41g (10.45%), Cholesterol: 66.34mg (22.11%), Sodium: 1554.72mg (67.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Calcium: 535.01mg (53.5%), Vitamin B2: 0.85mg (50.28%), Selenium: 33.72µg (48.18%), Phosphorus: 439.2mg (43.92%), Vitamin B12:

1.84µg (30.71%), Manganese: 0.6mg (29.93%), Vitamin E: 4.26mg (28.43%), Vitamin B1: 0.42mg (28.06%), Vitamin B6: 0.54mg (27.23%), Iron: 4.6mg (25.56%), Copper: 0.5mg (25.05%), Zinc: 3.52mg (23.43%), Vitamin B3: 4.49mg (22.46%), Fiber: 5.41g (21.62%), Folate: 82.77µg (20.69%), Vitamin K: 21.22µg (20.21%), Vitamin A: 977.61IU (19.55%), Vitamin C: 16.1mg (19.52%), Potassium: 595.93mg (17.03%), Magnesium: 65.25mg (16.31%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 0.23µg (1.51%)