



Greek Pizza with Feta

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon allspice
- ☐ 2 cups cherry tomatoes sliced
- ☐ 1 teaspoon cinnamon
- ☐ 0.7 cup feta cheese crumbled
- ☐ 4 garlic cloves minced
- ☐ 1 pound ground sirloin lean
- ☐ 2 teaspoons oregano dried crumbled
- ☐ 20 ounce pizza dough frozen thawed

☐ 0.5 cup onion red chopped

Equipment

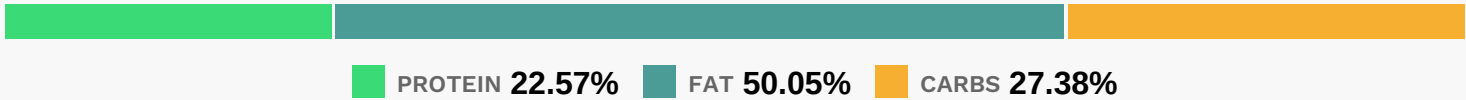
☐ baking sheet

☐ oven

Directions

- ☐ Arrange oven racks in the lower and upper third of the oven.
- ☐ Heat oven to 475 F. Divide dough into four equal portions.
- ☐ Roll out on a well-floured surface to make four 6-inch rounds and transfer to two ungreased baking sheets.
- ☐ Combine raw beef with the garlic, cinnamon, and allspice, and season with salt and pepper. Crumble meat evenly over each round. Top with oregano, onion, and tomatoes.
- ☐ Bake 10 minutes; remove pizzas from the oven and scatter feta over tops. Return to oven and bake 5 minutes longer, or until the edges are lightly browned and the beef is thoroughly cooked.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:31.608695729919%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 720.36kcal (36.02%), Fat: 39.98g (61.51%), Saturated Fat: 16.08g (100.49%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 44.44g (16.16%), Sugar: 7.85g (8.72%), Cholesterol: 119.21mg (39.74%), Sodium: 1003.45mg (43.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.56g (81.12%), Selenium: 53.11µg (75.87%), Vitamin B12: 3.99µg (66.48%), Phosphorus: 565.22mg (56.52%), Zinc: 7.88mg (52.55%), Vitamin B2:

0.78mg (45.87%), Vitamin B3: 9.13mg (45.67%), Calcium: 434.85mg (43.48%), Iron: 6.78mg (37.65%), Vitamin B6: 0.75mg (37.39%), Manganese: 0.73mg (36.48%), Vitamin B1: 0.43mg (28.62%), Vitamin C: 21.24mg (25.75%), Copper: 0.49mg (24.39%), Potassium: 786.49mg (22.47%), Folate: 84.73µg (21.18%), Vitamin A: 975.09IU (19.5%), Fiber: 4.79g (19.15%), Vitamin K: 19.87µg (18.92%), Magnesium: 70.56mg (17.64%), Vitamin E: 2.51mg (16.76%), Vitamin B5: 1.32mg (13.24%), Vitamin D: 0.21µg (1.42%)