



## Greek Pizza with Spinach, Feta and Olives

READY IN



42 min.

SERVINGS



6

CALORIES



1753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons active yeast dry
- 2 cups baby spinach leaves
- 2 cups bread flour
- 2 tablespoons canola oil
- 0.5 teaspoon basil dried
- 0.3 cup feta cheese crumbled
- 1 cup feta cheese divided crumbled
- 1 cup mushrooms fresh sliced
- 4 cloves garlic minced

- 1 garlic clove minced
- 0.1 teaspoon garlic salt
- 0.3 cup kalamata olives pitted coarsely chopped
- 0.5 cup mayonnaise
- 0.5 cup oil-packed sun-dried tomatoes coarsely chopped
- 1 tablespoon oil from the sun-dried tomatoes
- 1 teaspoon oregano dried
- 12 inch pre-baked pizza crust italian
- 0.5 small onion red halved thinly sliced
- 1 small onion red separated sliced
- 0.5 teaspoon salt
- 1 cup mozzarella cheese shredded
- 2 cups pkt spinach fresh chopped
- 0.5 teaspoon sugar
- 0.8 cup water (70 to 80 degrees F)

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Adjust oven rack to lowest position, and heat oven to 450 degrees.
- Mix mayonnaise, garlic and 1/2 cup feta in a small bowl.
- Place pizza crust on a cookie sheet; spread mayonnaise mixture over pizza, then top with tomatoes, olives and oregano.
- Bake until heated through and crisp, about 10 minutes.
- Toss spinach and onion with the 1 Tb. sun-dried tomato oil. Top hot pizza with spinach mixture and remaining 1/2 cup feta cheese. Return to oven and bake until cheese melts, about

2 minutes longer.

Cut into 6 slices and serve.

## Nutrition Facts

**PROTEIN 13.3%** **FAT 26.78%** **CARBS 59.92%**

### Properties

Glycemic Index:90.52, Glycemic Load:22.62, Inflammation Score:-9, Nutrition Score:30.112173868262%

### Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

### Nutrients (% of daily need)

Calories: 1752.64kcal (87.63%), Fat: 52.16g (80.25%), Saturated Fat: 19.71g (123.18%), Carbohydrates: 262.55g (87.52%), Net Carbohydrates: 251.73g (91.54%), Sugar: 12.98g (14.43%), Cholesterol: 50.4mg (16.8%), Sodium: 3350.58mg (145.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.3g (116.6%), Vitamin K: 139.51µg (132.86%), Iron: 14.87mg (82.64%), Calcium: 720.54mg (72.05%), Vitamin A: 2263IU (45.26%), Fiber: 10.81g (43.25%), Manganese: 0.82mg (41.16%), Selenium: 27.72µg (39.59%), Vitamin B2: 0.55mg (32.41%), Phosphorus: 294.24mg (29.42%), Folate: 105.09µg (26.27%), Vitamin B1: 0.3mg (20.26%), Potassium: 653.33mg (18.67%), Copper: 0.35mg (17.43%), Vitamin B6: 0.33mg (16.55%), Vitamin B12: 0.98µg (16.39%), Zinc: 2.39mg (15.96%), Vitamin E: 2.39mg (15.92%), Magnesium: 63.26mg (15.82%), Vitamin C: 12.7mg (15.4%), Vitamin B3: 2.87mg (14.36%), Vitamin B5: 1.2mg (11.98%), Vitamin D: 0.27µg (1.79%)