



## Greek Pizza with Spinach, Feta and Olives

READY IN



42 min.

SERVINGS



6

CALORIES



1470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baby spinach leaves
- 1 cup feta cheese divided crumbled
- 4 cloves garlic minced
- 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

## 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.

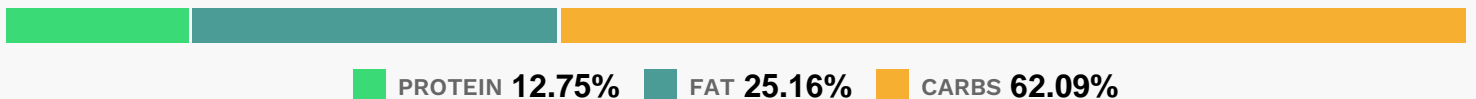
Place pizza crust on a cookie sheet; spread mayonnaise mixture over pizza, then top with tomatoes, olives and oregano.

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



## Properties

Glycemic Index:38.5, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:18.763913214207%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 1469.66kcal (73.48%), Fat: 41.09g (63.21%), Saturated Fat: 15.94g (99.65%), Carbohydrates: 228.11g (76.04%), Net Carbohydrates: 219.31g (79.75%), Sugar: 11.19g (12.43%), Cholesterol: 30.09mg (10.03%), Sodium:

2907.63mg (126.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.83g (93.66%), Vitamin K: 85.7µg (81.62%), Iron: 13.88mg (77.11%), Calcium: 570.49mg (57.05%), Fiber: 8.8g (35.2%), Vitamin A: 1170.87IU (23.42%), Manganese: 0.34mg (17.23%), Vitamin B2: 0.29mg (17.01%), Phosphorus: 135.11mg (13.51%), Potassium: 446mg (12.74%), Vitamin B6: 0.2mg (10.06%), Vitamin C: 8.04mg (9.75%), Folate: 37.89µg (9.47%), Copper: 0.19mg (9.25%), Magnesium: 35.17mg (8.79%), Vitamin E: 1.14mg (7.6%), Selenium: 5.22µg (7.46%), Vitamin B12: 0.44µg (7.42%), Vitamin B1: 0.11mg (7.4%), Zinc: 1.05mg (7%), Vitamin B3: 1.28mg (6.39%), Vitamin B5: 0.52mg (5.17%)