



## Greek Salad Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup feta cheese crumbled
- 0.8 teaspoon rosemary leaves fresh finely chopped
- 1 cup grape tomatoes halved
- 0.5 cup greek olives halved
- 0.7 cup water plain
- 0.3 teaspoon kosher salt
- 1 tablespoon olive oil
- 3 slices onion red quartered
- 8 ounce regular crescent rolls refrigerated pillsbury® canned

## Equipment

- frying pan
- oven
- wire rack

## Directions

- Unroll dough and press into ungreased 15x10x1-inch pan; press perforations to seal.
- Sprinkle with rosemary and salt.
- Bake at 375 degrees F 8 to 10 minutes or until lightly browned. Cool on cooling rack.
- Spread hummus over crust. Top with cheese, tomatoes, olives and onion; drizzle with oil.
- Cut into 6 rows by 2 rows. Cover and refrigerate leftovers.

## Nutrition Facts

**PROTEIN 9.92%** **FAT 60.69%** **CARBS 29.39%**

## Properties

Glycemic Index:19.25, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:7.3986956943636%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 288.15kcal (14.41%), Fat: 20.24g (31.14%), Saturated Fat: 7.68g (48%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 19.62g (7.13%), Sugar: 4.79g (5.32%), Cholesterol: 22.25mg (7.42%), Sodium: 959.28mg (41.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.89%), Calcium: 143.7mg (14.37%), Phosphorus: 140.8mg (14.08%), Vitamin B2: 0.24mg (13.88%), Manganese: 0.26mg (12.8%), Fiber: 2.43g (9.72%), Vitamin B6: 0.19mg (9.62%), Copper: 0.18mg (9.15%), Folate: 36.09µg (9.02%), Zinc: 1.28mg (8.53%), Iron: 1.46mg (8.1%), Vitamin A: 365.28IU (7.31%), Magnesium: 28.84mg (7.21%), Vitamin B12: 0.42µg (7.04%), Vitamin B1: 0.1mg (6.83%), Selenium: 4.6µg (6.57%), Vitamin E: 0.95mg (6.3%), Vitamin C: 3.92mg (4.76%), Potassium: 151.75mg (4.34%),

Vitamin K: 4 $\mu$ g (3.81%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.59mg (2.95%)