

Greek Style Pizza

READY IN

ready

47 min.

SERVINGS

servings

30

CALORIES

calories

216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.5 cup feta cheese
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup mayonnaise dressing with olive oil best foods®
- ☐ 0.5 teaspoon oregano leaves dried crushed
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 30 servings pre-baked pizza crust thin style 10-in.
- ☐ 0.5 small onion red thinly sliced

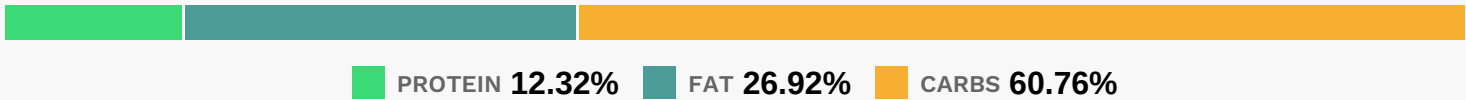
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil, garlic, Parmesan cheese and oregano in small bowl. Arrange pizza crust on cookie sheet.
- ☐ Spread with mayonnaise mixture, then top with tomatoes.
- ☐ Bake 12 minutes or until tomatoes are tender.
- ☐ Top with spinach, onion and feta.
- ☐ Bake an additional 5 minutes or until cheese is melted.
- ☐ TIP: Try adding sliced kalamata olives

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:2.6213043733783%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 215.88kcal (10.79%), Fat: 6.44g (9.9%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 31.56g (11.48%), Sugar: 1.23g (1.37%), Cholesterol: 4.08mg (1.36%), Sodium: 410.28mg (17.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.63g (13.26%), Vitamin K: 16.15µg (15.38%), Iron: 1.93mg (10.71%), Calcium: 79.41mg (7.94%), Vitamin A: 228.31IU (4.57%), Fiber: 1.12g (4.5%), Vitamin C: 1.89mg (2.29%),

Vitamin B2: 0.03mg (1.69%), Manganese: 0.03mg (1.59%), Folate: 5.97µg (1.49%), Phosphorus: 14.58mg (1.46%),
Vitamin E: 0.2mg (1.36%), Vitamin B6: 0.02mg (1.2%)