



WHATSheATE



Greek-Style Pizza With Olives



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce prewashed baby spinach
- ☐ 2.3 ounce olives black ripe drained sliced canned
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 10 ounce pizza crust italian cheese-flavored thin such as Boboli
- ☐ 0.8 cup tomato sauce

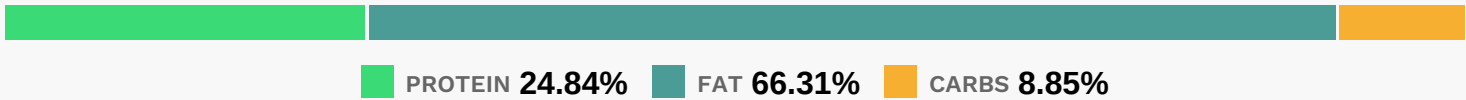
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add spinach; saut 3 minutes or until lightly wilted.
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread sauce over pizza crust, leaving a 1/2-inch border; top with baby spinach, feta cheese, pepper, and olives.
- ☐ Bake at 425 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.21, Inflammation Score:-10, Nutrition Score:17.945651925128%

Flavonoids

Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 339.43kcal (16.97%), Fat: 26.5g (40.77%), Saturated Fat: 5.98g (37.36%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.75g (2.09%), Sugar: 1.9g (2.11%), Cholesterol: 30.86mg (10.29%), Sodium: 848.61mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.68%), Vitamin K: 208.85µg (198.91%), Vitamin A: 4329.57IU (86.59%), Calcium: 292.14mg (29.21%), Manganese: 0.47mg (23.39%), Folate: 93.15µg (23.29%), Vitamin C: 15.16mg (18.38%), Vitamin E: 2.46mg (16.38%), Vitamin B2: 0.27mg (15.89%), Magnesium: 46.23mg (11.56%), Potassium: 395.38mg (11.3%), Vitamin B6: 0.21mg (10.66%), Iron: 1.83mg (10.16%), Phosphorus: 97.46mg (9.75%), Fiber: 2.21g (8.86%), Copper: 0.14mg (6.83%), Zinc: 0.88mg (5.84%), Vitamin B12: 0.32µg (5.28%), Selenium: 3.67µg (5.24%), Vitamin B1: 0.08mg (5.11%), Vitamin B3: 0.99mg (4.95%), Vitamin B5: 0.36mg (3.58%)