



Have-It-Your-Way Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz cheddar-mozzarella cheese blend shredded
- 2 ounces feta cheese with basil and sun-dried tomato crumbled
- 8 kalamata pitted ripe
- 2 teaspoons olive oil
- 24 oz pizza crusts refrigerated
- 0.7 cup pizza sauce
- 2 plum tomatoes
- 0.3 small onion red

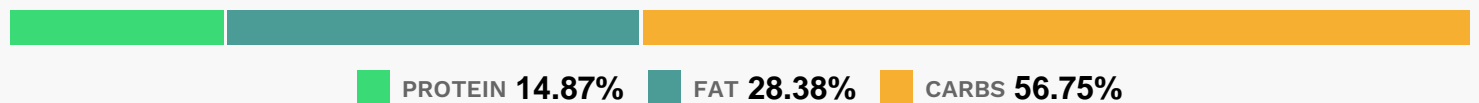
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 425
- Brush oil over pizza crust; place on an ungreased baking sheet.
- Bake at 425 for 5 minutes.
- Meanwhile, thinly slice tomatoes, halve olives, and thinly slice onion.
- Remove crust from oven; spread pizza sauce over pizza crust, leaving a 1-inch margin. Arrange tomato, olives, and onion over half of pizza; sprinkle with feta cheese.
- Sprinkle Cheddar-mozzarella cheese over remaining half of pizza.
- Bake at 425 for 8 minutes or just until cheese melts.
- MENU IDEA FOR 4 * Have-It-Your-Way Pizza * BLT Caesar salad
- GROCERIES NEEDED Check staples: olive oil * 1 (24-oz.) package refrigerated pizza crusts (we tested with Mama Mary's) * 2 plum tomatoes * 8 kalamata olives * 1 small red onion * 1 jar pizza sauce (we tested with Rag) * 2 oz. crumbled feta cheese with basil and sun-dried tomato * 1 cup (4 oz.) shredded Cheddar-mozzarella cheese blend * 1 (8-oz.) package complete BLT Caesar salad kit (such as Fresh Express)

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.2, Inflammation Score:-6, Nutrition Score:13.704347750415%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.58mg, Quercetin: 1.58mg

1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 663.54kcal (33.18%), Fat: 21.2g (32.61%), Saturated Fat: 9.83g (61.45%), Carbohydrates: 95.39g (31.8%), Net Carbohydrates: 89.71g (32.62%), Sugar: 10.6g (11.77%), Cholesterol: 28.35mg (9.45%), Sodium: 1422.81mg (61.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.97%), Calcium: 385.22mg (38.52%), Iron: 6.5mg (36.12%), Fiber: 5.68g (22.71%), Potassium: 716.19mg (20.46%), Phosphorus: 201.08mg (20.11%), Manganese: 0.35mg (17.62%), Vitamin A: 874.57IU (17.49%), Vitamin C: 13.17mg (15.96%), Copper: 0.29mg (14.41%), Vitamin B2: 0.23mg (13.48%), Selenium: 9.15µg (13.08%), Magnesium: 46.26mg (11.56%), Vitamin K: 11.71µg (11.15%), Vitamin E: 1.56mg (10.42%), Zinc: 1.48mg (9.87%), Vitamin B3: 1.91mg (9.57%), Vitamin B1: 0.11mg (7.28%), Vitamin B6: 0.14mg (7.11%), Folate: 25.46µg (6.37%), Vitamin B5: 0.58mg (5.77%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)