



## Heirloom Margherita Pizza

READY IN



28 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cloves garlic minced
- 1.5 lb heirloom tomatoes sliced
- 3 Tbsp parmesan cheese grated kraft
- 13.8 oz pizza crust refrigerated canned
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia, divided kraft
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil kraft

### Equipment

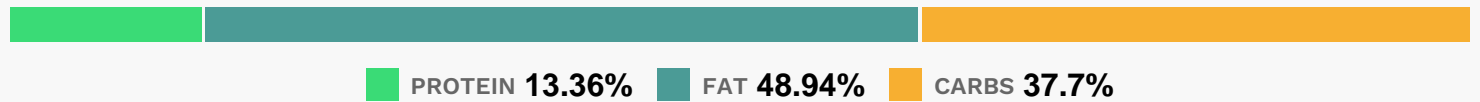
- baking sheet

oven

## Directions

- Heat oven to 400F.
- Unroll pizza dough onto baking sheet sprayed with cooking spray; pat into 15x10-inch rectangle.
- Bake 10 min. (Crust will not be done.)
- Top with 1 cup mozzarella and tomatoes.
- Mix dressing and garlic; drizzle over tomatoes.
- Sprinkle with remaining cheeses.
- Bake 8 min. or until mozzarella is melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:15.83, Glycemic Load:1.42, Inflammation Score:-7, Nutrition Score:9.0013042869775%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 382.91kcal (19.15%), Fat: 21.21g (32.63%), Saturated Fat: 6.26g (39.13%), Carbohydrates: 36.77g (12.26%), Net Carbohydrates: 34.41g (12.51%), Sugar: 7.33g (8.14%), Cholesterol: 24.3mg (8.1%), Sodium: 696.81mg (30.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Vitamin A: 1155.6IU (23.11%), Vitamin C: 15.85mg (19.21%), Calcium: 176.77mg (17.68%), Vitamin K: 16.89µg (16.08%), Vitamin E: 2.41mg (16.05%), Phosphorus: 143.72mg (14.37%), Iron: 2.29mg (12.7%), Vitamin B12: 0.67µg (11.2%), Fiber: 2.36g (9.44%), Potassium: 298.76mg (8.54%), Selenium: 5.78µg (8.25%), Manganese: 0.16mg (7.83%), Zinc: 1.13mg (7.53%), Vitamin B2: 0.11mg (6.5%), Vitamin B6: 0.12mg (5.78%), Magnesium: 19.2mg (4.8%), Folate: 19.15µg (4.79%), Copper: 0.07mg (3.7%), Vitamin B3: 0.71mg (3.56%), Vitamin B1: 0.05mg (3.54%), Vitamin B5: 0.15mg (1.54%)