



Individual Flatbread Pizzas

 Vegetarian  Very Healthy

READY IN



33 min.

SERVINGS



2

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 18 inch flatbread rounds (such as Toufayan)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove halved
- ☐ 3.5 ounce goat cheese with garlic and herbs
- ☐ 2 plum tomatoes thinly sliced
- ☐ 0.3 teaspoon salt

☐ 10 ounce pkt spinach fresh

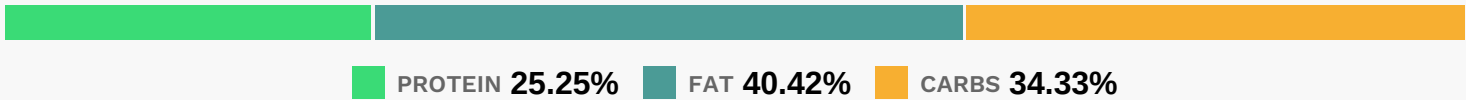
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 40
- ☐ Place spinach in a microwave-safe bowl; cover and microwave at HIGH 2 to 3 minutes or until wilted; drain well.
- ☐ Combine spinach and vinegar; toss well.
- ☐ Place flatbread rounds on an ungreased baking sheet. Rub cut sides of garlic over top of each flatbread round.
- ☐ Spread goat cheese evenly over rounds. Top with spinach and tomato.
- ☐ Sprinkle with basil, salt, and pepper.
- ☐ Bake at 400 for 10 to 12 minutes or until pizza is lightly browned and thoroughly heated.
- ☐ Cut into quarters, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:174.5, Glycemic Load:13.76, Inflammation Score:-10, Nutrition Score:31.692173823066%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.1mg, Kaempferol: 9.1mg, Kaempferol: 9.1mg, Kaempferol: 9.1mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 245.32kcal (12.27%), Fat: 11.44g (17.6%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 17.36g (6.31%), Sugar: 3.44g (3.82%), Cholesterol: 22.82mg (7.61%), Sodium: 712.4mg (30.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.15%), Vitamin K: 699.17µg (665.87%), Vitamin A: 14427.63IU (288.55%), Manganese: 1.59mg (79.45%), Folate: 297.18µg (74.29%), Vitamin C: 49.15mg (59.58%), Magnesium: 135.37mg (33.84%), Copper: 0.64mg (31.97%), Iron: 5.42mg (30.13%), Vitamin B2: 0.49mg (29.06%), Potassium: 999.12mg (28.55%), Calcium: 244.54mg (24.45%), Vitamin B6: 0.48mg (24.01%), Phosphorus: 238.28mg (23.83%), Vitamin E: 3.32mg (22.14%), Fiber: 4.49g (17.97%), Vitamin B1: 0.23mg (15.55%), Vitamin B3: 2.13mg (10.64%), Zinc: 1.55mg (10.31%), Vitamin B5: 0.59mg (5.92%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.09µg (1.57%), Vitamin D: 0.2µg (1.32%)