



Italian Escarole Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



1376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 leaves endive dried rinsed
- 1 clove garlic minced
- 1 tablespoon olive oil
- 12 inch individual ready made pizza crusts
- 1 cup pizza sauce
- 6 servings salt and pepper to taste
- 2 cups mozzarella cheese shredded

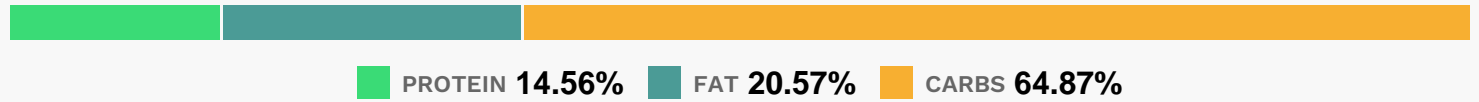
Equipment

oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Lightly brush pizza crust with olive oil.
- Spread with a thin layer of pizza sauce, and sprinkle with minced garlic.
- Remove thick stems from escarole, and arrange leaves over pizza. Cover with shredded mozzarella.
- Bake in preheated oven for 30 to 35 minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.97, Inflammation Score:-2, Nutrition Score:11.561304196067%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1376.01kcal (68.8%), Fat: 31.32g (48.19%), Saturated Fat: 15.51g (96.94%), Carbohydrates: 222.31g (74.1%), Net Carbohydrates: 214.83g (78.12%), Sugar: 8.67g (9.63%), Cholesterol: 29.49mg (9.83%), Sodium: 3018.69mg (131.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.9g (99.79%), Iron: 12.88mg (71.56%), Calcium: 606.6mg (60.66%), Fiber: 7.47g (29.9%), Phosphorus: 144.18mg (14.42%), Vitamin B12: 0.85µg (14.19%), Selenium: 6.66µg (9.52%), Vitamin A: 447.29IU (8.95%), Zinc: 1.19mg (7.95%), Vitamin B2: 0.13mg (7.85%), Vitamin E: 1mg (6.66%), Vitamin K: 5.34µg (5.09%), Potassium: 154.33mg (4.41%), Vitamin C: 3.07mg (3.72%), Magnesium: 13.85mg (3.46%), Manganese: 0.07mg (3.36%), Vitamin B6: 0.06mg (3.01%), Copper: 0.05mg (2.68%), Vitamin B3: 0.45mg (2.25%), Vitamin B5: 0.19mg (1.89%), Folate: 7.49µg (1.87%), Vitamin B1: 0.02mg (1.51%)