



## Italian Herb Crusted Cheese Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter softened
- 1.3 teaspoons basil dried
- 6 oz pizza cheese shredded italian
- 1.3 teaspoons oregano dried
- 1 cup tomato sauce
- 1 can pizza dough refrigerated pillsbury®
- 2 oz cheddar cheese shredded

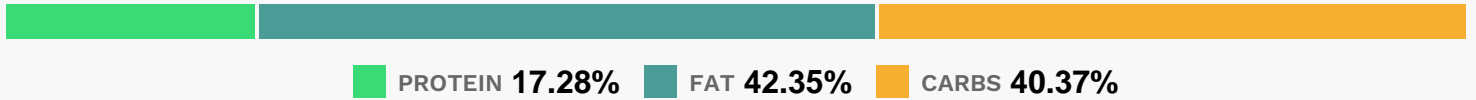
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 400°F. Grease large dark or nonstick cookie sheet with shortening or cooking spray. Unroll dough on cookie sheet. Press out dough to 15x10-inch rectangle.
- In small bowl, mix butter, 1 teaspoon of the basil leaves and 1 teaspoon of the oregano leaves.
- Spread over dough.
- Bake 7 minutes; remove from oven.
- Spread pizza sauce evenly over partially baked crust; sprinkle with cheeses, remaining 1/4 teaspoon basil and 1/4 teaspoon oregano leaves.
- Bake 5 to 7 minutes or until cheese is melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:21.17, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:4.4856521953707%

## Nutrients (% of daily need)

Calories: 334.72kcal (16.74%), Fat: 16.25g (25.01%), Saturated Fat: 5.88g (36.73%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 33.02g (12.01%), Sugar: 5.55g (6.17%), Cholesterol: 25.15mg (8.38%), Sodium: 810.64mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.92g (29.84%), Calcium: 141.67mg (14.17%), Iron: 2.51mg (13.93%), Vitamin A: 396.75IU (7.94%), Vitamin K: 7.86µg (7.48%), Fiber: 1.85g (7.38%), Vitamin E: 0.87mg (5.77%), Phosphorus: 56.61mg (5.66%), Vitamin B2: 0.07mg (4.38%), Manganese: 0.09mg (4.29%), Selenium: 2.99µg (4.27%), Potassium: 140.4mg (4.01%), Vitamin C: 2.87mg (3.48%), Zinc: 0.47mg (3.11%), Copper: 0.06mg (2.85%), Magnesium: 11.38mg (2.84%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.44mg (2.21%), Folate: 7.43µg (1.86%), Vitamin B12: 0.11µg (1.8%), Vitamin B5: 0.18mg (1.76%)