



## Italian Pizza Bowl Salad

READY IN



18 min.

SERVINGS



18

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup mushrooms fresh sliced
- 0.8 cup 3/4 cup kraft zesty italian dressing italian divided kraft
- 12 slices oscar mayer pepperoni
- 1 ready-to-use baked pizza crust
- 10 oz torn salad greens
- 1 cup mozzarella cheese shredded kraft
- 2 tomatoes coarsely chopped

## Equipment

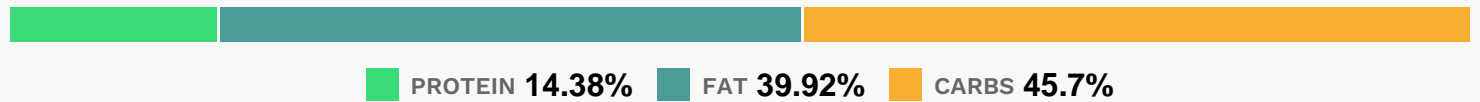
bowl

oven

## Directions

- Bake pizza crust as directed on package.
- Brush with 1/3 cup dressing; cut into 6 wedges.
- Toss salad greens with tomatoes in large bowl.
- Add remaining dressing; mix lightly. Spoon over pizza wedges.
- Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:6.94, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:2.9578260947829%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 115.04kcal (5.75%), Fat: 5.13g (7.89%), Saturated Fat: 1.85g (11.57%), Carbohydrates: 13.22g (4.41%), Net Carbohydrates: 12.67g (4.61%), Sugar: 1.92g (2.13%), Cholesterol: 6.21mg (2.07%), Sodium: 279.02mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin C: 5.68mg (6.88%), Vitamin A: 338.35IU (6.77%), Vitamin K: 6.78µg (6.46%), Calcium: 56.52mg (5.65%), Iron: 0.83mg (4.62%), Phosphorus: 39.61mg (3.96%), Selenium: 2.2µg (3.14%), Vitamin B2: 0.05mg (3.11%), Manganese: 0.05mg (2.7%), Vitamin B12: 0.16µg (2.69%), Potassium: 93.05mg (2.66%), Folate: 9.29µg (2.32%), Vitamin B3: 0.45mg (2.23%), Fiber: 0.55g (2.2%), Vitamin B6: 0.04mg (2.12%), Vitamin E: 0.31mg (2.1%), Zinc: 0.31mg (2.03%), Copper: 0.04mg (1.83%), Vitamin B1: 0.02mg (1.44%), Magnesium: 5.69mg (1.42%), Vitamin B5: 0.14mg (1.35%)