



Italian Tortilla Pizza

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

280 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 cup calamata olives pitted coarsely chopped
- ☐ 2 tablespoons basil leaves fresh
- ☐ 0.3 cup parmesan freshly grated
- ☐ 2 medium tomatoes seeded chopped
- ☐ 4 tortillas whole-wheat (6- inches in diameter)

Equipment

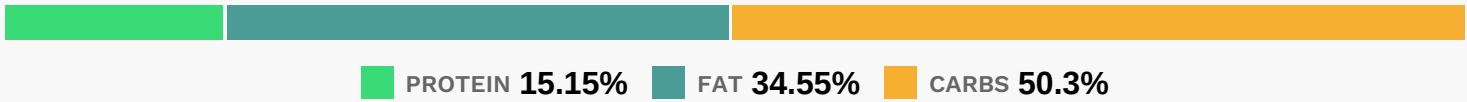
- ☐ baking sheet

☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the tortillas onto a baking sheet and top each with tomatoes and olives.
- ☐ Sprinkle some cheese on top of each pizza and bake for 10 minutes.
- ☐ Garnish each pizza with torn basil leaves and season with pepper. Allow pizza to cool for a few minutes then slice each tortilla into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:10.76, Inflammation Score:-8, Nutrition Score:14.322608705448%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 279.92kcal (14%), Fat: 10.87g (16.72%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 35.59g (11.86%), Net Carbohydrates: 31.4g (11.42%), Sugar: 5.66g (6.29%), Cholesterol: 8.5mg (2.83%), Sodium: 911.35mg (39.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Calcium: 260.66mg (26.07%), Vitamin A: 1294.58IU (25.89%), Phosphorus: 241.82mg (24.18%), Vitamin B1: 0.36mg (23.77%), Manganese: 0.47mg (23.74%), Selenium: 16.36µg (23.36%), Vitamin K: 22.95µg (21.86%), Vitamin C: 17.21mg (20.86%), Folate: 77.61µg (19.4%), Vitamin B3: 3.48mg (17.38%), Fiber: 4.19g (16.76%), Iron: 2.77mg (15.38%), Vitamin B2: 0.24mg (13.94%), Potassium: 392.33mg (11.21%), Vitamin E: 1.35mg (9.01%), Magnesium: 35.54mg (8.88%), Copper: 0.17mg (8.41%), Vitamin B6: 0.15mg (7.69%), Zinc: 0.89mg (5.97%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.15µg (2.5%)