



## Mediterranean Pizza

READY IN



17 min.

SERVINGS



4

CALORIES



1999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.3 teaspoon pepper red crushed
- 0.3 cup basil dried fresh chopped
- 4 ounces goat cheese crumbled
- 0.3 teaspoon penzey's southwest seasoning dried italian
- 6 kalamata olives pitted chopped
- 12 inch pizza crust prepared
- 3 plum tomatoes sliced ()

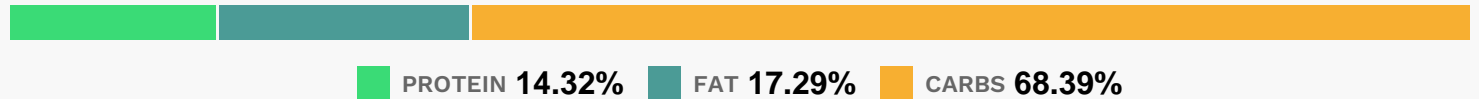
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 45
- Sprinkle the pizza crust with crushed red pepper and dried Italian seasoning.
- Sprinkle the crumbled goat cheese evenly on the crust, leaving a 1/2-inch border. Using the back of a spoon, gently press the cheese down on the pizza crust.
- Arrange the plum tomato slices, chopped olives, and quartered artichoke hearts on the pizza as desired.
- Place the pizza on a baking sheet coated with cooking spray, and bake 10–12 minutes or until the crust is crisp and the cheese is bubbly.
- Sprinkle the chopped basil over the top and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:28.075217278107%

## Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 1998.99kcal (99.95%), Fat: 38.39g (59.07%), Saturated Fat: 19.98g (124.88%), Carbohydrates: 341.76g (113.92%), Net Carbohydrates: 323.57g (117.66%), Sugar: 12.78g (14.2%), Cholesterol: 13.04mg (4.35%), Sodium: 4175.37mg (181.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.54g (143.08%), Vitamin K: 258.7µg (246.38%), Iron: 32.48mg (180.45%), Calcium: 997.39mg (99.74%), Manganese: 1.54mg (76.94%), Fiber: 18.19g (72.77%), Magnesium: 115.97mg (28.99%), Copper: 0.55mg (27.74%), Vitamin B2: 0.3mg (17.43%), Vitamin A:

852.98IU (17.06%), Vitamin B6: 0.31mg (15.6%), Potassium: 513mg (14.66%), Vitamin E: 2.18mg (14.56%), Folate: 56.73µg (14.18%), Phosphorus: 125.05mg (12.51%), Zinc: 1.4mg (9.34%), Vitamin C: 6.49mg (7.87%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.36mg (3.62%), Vitamin B1: 0.05mg (3.38%), Selenium: 1.32µg (1.89%)