



No-Bake Salad Pizza

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

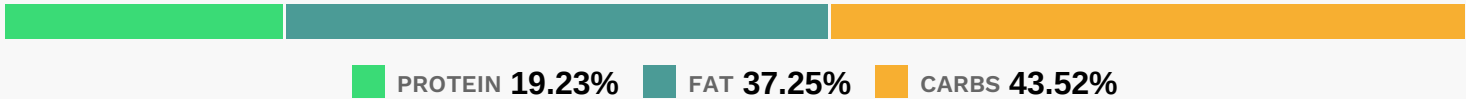
- ☐ 1 cup gorgonzola dip
- ☐ 10 oz uncook pizza crust italian thin (12 inch)
- ☐ 1 cup broccoli fresh coarsely chopped
- ☐ 1 cup roasted chicken cubed cooked
- ☐ 3 tablespoons spring onion sliced (3 medium)
- ☐ 0.5 cup tomatoes seeded chopped

Equipment

Directions

- ☐ Spread spinach dip evenly over pizza crust to within 1/2 inch of edge.
- ☐ Top with remaining ingredients.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.36, Inflammation Score:-3, Nutrition Score:5.6469565267148%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 254.87kcal (12.74%), Fat: 10.35g (15.92%), Saturated Fat: 4.8g (30%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.89g (9.42%), Sugar: 3.99g (4.43%), Cholesterol: 17.5mg (5.83%), Sodium: 497.45mg (21.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.04%), Vitamin K: 22.15µg (21.1%), Vitamin C: 15.35mg (18.6%), Calcium: 108.62mg (10.86%), Vitamin B3: 2.02mg (10.11%), Iron: 1.75mg (9.74%), Selenium: 6.12µg (8.75%), Vitamin B6: 0.13mg (6.65%), Phosphorus: 58.57mg (5.86%), Fiber: 1.32g (5.29%), Vitamin A: 234.28IU (4.69%), Potassium: 137.49mg (3.93%), Folate: 14.19µg (3.55%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.45mg (2.98%), Manganese: 0.05mg (2.69%), Magnesium: 9.95mg (2.49%), Vitamin B1: 0.03mg (2.07%), Copper: 0.03mg (1.52%), Vitamin E: 0.2mg (1.32%), Vitamin B12: 0.07µg (1.13%)