



Nutty Pesto Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce goat cheese crumbled
- 4 ounces havarti cheese shredded
- 0.5 cup parmesan shredded refrigerated
- 0.5 cup basil pesto
- 2 tablespoons pinenuts
- 0.5 cup tomato sauce
- 4 plum tomatoes sliced
- 12 inch pizza dough refrigerated
- 4 ounces mozzarella cheese shredded

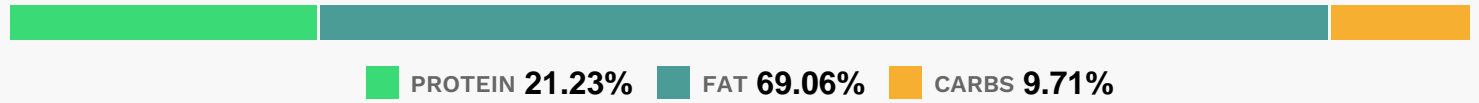
Equipment

oven

Directions

- Spread pesto and pizza sauce over crust; top with tomato and remaining ingredients.
- Bake at 425 for 10 minutes or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:2.87, Inflammation Score:-10, Nutrition Score:32.796956829403%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg 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: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 993.05kcal (49.65%), Fat: 76.96g (118.4%), Saturated Fat: 34.27g (214.17%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 20.35g (7.4%), Sugar: 10.02g (11.13%), Cholesterol: 142.73mg (47.58%), Sodium: 2379.34mg (103.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.25g (106.49%), Calcium: 1128.27mg (112.83%), Phosphorus: 923.67mg (92.37%), Vitamin A: 4164.81IU (83.3%), Manganese: 1.2mg (59.96%), Vitamin B2: 0.73mg (43.06%), Vitamin B12: 2.48µg (41.38%), Zinc: 6.12mg (40.82%), Copper: 0.75mg (37.68%), Selenium: 22.11µg (31.58%), Vitamin C: 21.64mg (26.23%), Magnesium: 94.59mg (23.65%), Iron: 3.87mg (21.5%), Vitamin E: 3.14mg (20.91%), Vitamin B6: 0.41mg (20.26%), Vitamin K: 19.65µg (18.71%), Potassium: 654.37mg (18.7%), Folate: 74.05µg (18.51%), Fiber: 4g (15.99%), Vitamin B1: 0.19mg (12.79%), Vitamin B3: 2.21mg (11.05%), Vitamin B5: 1.1mg (11.02%), Vitamin D: 0.73µg (4.86%)