



Olive Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 4 ounces feta cheese crumbled
- ☐ 0.5 cup kalamata olives pitted sliced
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 20 ounce pizza crust refrigerated canned
- ☐ 3 tomatoes cut into 1/4-inch-thick slices 1 1/4 pounds

Equipment

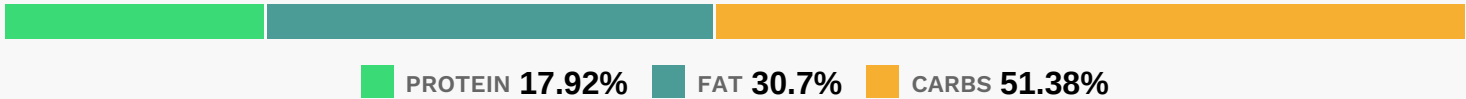
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Unroll the dough portions crosswise onto a large baking sheet coated with cooking spray and sprinkled with cornmeal. Slightly overlap the edges of the dough, pinching the edges together to seal. Pat the dough into a 15 x 12-inch rectangle.
- ☐ Bake at 450 for 2 minutes. Top with the remaining ingredients.
- ☐ Bake an additional 12 minutes or until cheese melts.
- ☐ Garnish with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:6.6926087529763%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 291.26kcal (14.56%), Fat: 10.09g (15.52%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 37.98g (12.66%), Net Carbohydrates: 35.96g (13.08%), Sugar: 5.91g (6.57%), Cholesterol: 26.22mg (8.74%), Sodium: 939.6mg (40.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.49%), Calcium: 245.23mg (24.52%), Phosphorus: 160.43mg (16.04%), Iron: 2.26mg (12.53%), Vitamin A: 579.47IU (11.59%), Vitamin B2: 0.19mg (11.45%), Fiber: 2.01g (8.05%), Vitamin C: 6.32mg (7.66%), Selenium: 5.34µg (7.63%), Zinc: 1.12mg (7.44%), Vitamin B12: 0.41µg (6.9%), Vitamin B6: 0.12mg (6.09%), Vitamin E: 0.63mg (4.2%), Vitamin K: 4.36µg (4.15%), Potassium: 143.53mg (4.1%), Magnesium: 14.92mg (3.73%), Folate: 14.05µg (3.51%), Manganese: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.22%), Copper: 0.05mg (2.51%), Vitamin B3: 0.49mg (2.44%), Vitamin B5: 0.2mg (2.04%)