



Pear Gorgonzola Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby spinach loosely packed
- 0.8 cup gorgonzola cheese crumbled
- 2 teaspoons olive oil
- 1 medium onion chopped
- 1 pears firm ripe cut into 1/4-inch slices cut in half,
- 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- 6 ounces provolone cheese shredded

Equipment

frying pan

oven

Directions

Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 15x10-inch pan with sides with cooking spray.

Heat 10-inch skillet over medium heat.

Add oil and onion; cook about 5 minutes, stirring occasionally, until onion is softened and starting to brown. Reserve 1/2 cup pear. Stir remaining pear into onion. Cook 2 minutes, stirring frequently.



Unroll dough in pan; starting at center, press dough into 15x10-inch rectangle.

Bake about 8 minutes or until light brown.

Evenly top crust with provolone cheese. Top with pear mixture and Gorgonzola cheese.

Bake 8 to 10 minutes longer or until crust is golden brown and cheese is melted. Top with spinach and reserved 1/2 cup pear slices. To serve, cut into 6 rows by 3 rows.

Nutrition Facts

 PROTEIN **18.28%**  FAT **39.14%**  CARBS **42.58%**

Properties

Glycemic Index:24.96, Glycemic Load:2, Inflammation Score:-7, Nutrition Score:10.731739158216%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 365.52kcal (18.28%), Fat: 15.99g (24.6%), Saturated Fat: 9.17g (57.34%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 36.7g (13.34%), Sugar: 4.93g (5.47%), Cholesterol: 30.15mg (10.05%), Sodium: 723.27mg (31.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.8g (33.6%), Vitamin K: 51.44µg (48.99%), Calcium: 364.97mg (36.5%), Vitamin A: 1302.73IU (26.05%), Phosphorus: 209.05mg (20.91%), Iron: 2.34mg (12.97%), Vitamin B2: 0.18mg (10.38%), Vitamin B12: 0.59µg (9.77%), Fiber: 2.44g (9.74%), Zinc: 1.41mg (9.37%), Selenium: 6.38µg (9.11%), Folate: 32.88µg (8.22%), Vitamin C: 5.44mg (6.6%), Manganese: 0.13mg (6.58%), Magnesium: 23mg (5.75%), Potassium: 192.28mg (5.49%), Vitamin B6: 0.09mg (4.71%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.53mg (3.57%), Copper: 0.06mg (2.87%), Vitamin B1: 0.03mg (1.95%), Vitamin B3: 0.33mg (1.65%), Vitamin D: 0.21µg (1.42%)