



Pear, Pecan, and Goat-Cheese Pizza (A Sweet Slice)

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 ounces goat cheese low-fat crumbled
- ☐ 1 pears red cored sliced
- ☐ 0.3 cup pecans chopped
- ☐ 8 servings prebaked pizza crust
- ☐ 0.3 cup onion red thinly sliced

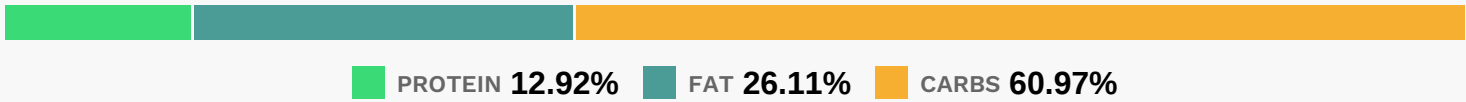
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place a prebaked pizza crust on a shallow baking pan; top evenly with sliced red pear.
- ☐ Sprinkle with goat cheese, chopped pecans, and sliced red onion.
- ☐ Bake 8 minutes or until pears are tender.
- ☐ Drizzle with fig vinegar or balsamic vinegar.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:15.47, Glycemic Load:1.28, Inflammation Score:-1, Nutrition Score:2.8391304806523%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 238.69kcal (11.93%), Fat: 6.98g (10.74%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 34.56g (12.57%), Sugar: 3.88g (4.31%), Cholesterol: 3.26mg (1.09%), Sodium: 376.96mg (16.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.77g (15.54%), Iron: 2.08mg (11.56%), Manganese: 0.18mg (9.01%), Fiber: 2.1g (8.39%), Calcium: 75.99mg (7.6%), Copper: 0.11mg (5.67%), Phosphorus: 32.08mg (3.21%), Vitamin B2: 0.04mg (2.26%), Vitamin B1: 0.03mg (2.16%), Magnesium: 7.55mg (1.89%), Vitamin B6: 0.04mg (1.87%), Zinc: 0.25mg (1.68%), Vitamin C: 1.36mg (1.65%), Vitamin A: 80.78IU (1.62%), Potassium: 51.16mg (1.46%), Vitamin K: 1.25µg (1.19%), Folate: 4.11µg (1.03%)