



Pesto and Goat Cheese Pizza

 Vegetarian  Gluten Free

READY IN



17 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 ounces feta cheese crumbled
- ☐ 3 tablespoons commercial pesto
- ☐ 10 ounce pizza crust italian cheese-flavored such as Boboli
- ☐ 3 plum tomatoes thinly sliced

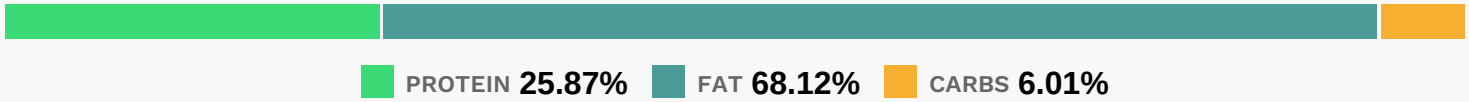
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking sheet.
- ☐ Spread pesto over crust, leaving 1/2-inch border. Top with tomatoes and cheese; sprinkle with crushed red pepper.
- ☐ Bake at 450 for 13 minutes or until crust is golden.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:4.5617391337519%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg 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: 335.9kcal (16.79%), Fat: 26.47g (40.73%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 5.25g (1.75%), Net Carbohydrates: 4.47g (1.63%), Sugar: 1.78g (1.98%), Cholesterol: 24.86mg (8.29%), Sodium: 322.47mg (14.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Calcium: 194.69mg (19.47%), Vitamin A: 870.85IU (17.42%), Copper: 0.18mg (9.22%), Vitamin C: 6.37mg (7.72%), Phosphorus: 65.97mg (6.6%), Vitamin B2: 0.09mg (5.34%), Vitamin B6: 0.09mg (4.65%), Vitamin K: 4.19µg (3.99%), Manganese: 0.08mg (3.82%), Iron: 0.62mg (3.42%), Potassium: 118.17mg (3.38%), Fiber: 0.78g (3.13%), Folate: 9.56µg (2.39%), Vitamin E: 0.34mg (2.25%), Magnesium: 8.7mg (2.18%), Vitamin B1: 0.03mg (2.16%), Vitamin B3: 0.38mg (1.91%), Vitamin B5: 0.19mg (1.87%), Zinc: 0.28mg (1.87%)