



Pesto Biscuit Pizza

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup basil pesto refrigerated
- ☐ 8 jumbo biscuits refrigerated
- ☐ 10 cherry tomatoes
- ☐ 1 cup feta cheese crumbled

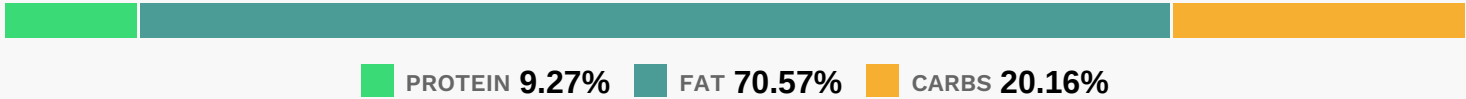
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Roll biscuits into 6-inch rounds; place 2 inches apart on 2 parchment paper-lined baking sheets.
- ☐ Spread 1 1/2 Tbsp. refrigerated basil pesto on each round.
- ☐ Cut cherry tomatoes in half; top pizzas with tomatoes. Top each pizza with 2 Tbsp. crumbled feta cheese.
- ☐ Bake 5 minutes. Rotate pans, and switch from top to bottom racks; bake 4 to 5 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:8.39, Inflammation Score:-7, Nutrition Score:9.2047826621843%

Flavonoids

Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 389.78kcal (19.49%), Fat: 30.55g (47.01%), Saturated Fat: 9.59g (59.94%), Carbohydrates: 19.64g (6.55%), Net Carbohydrates: 18.34g (6.67%), Sugar: 6.87g (7.63%), Cholesterol: 37.1mg (12.36%), Sodium: 937.55mg (40.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.07%), Calcium: 267.02mg (26.7%), Vitamin A: 1320.71IU (26.41%), Vitamin B2: 0.39mg (22.86%), Phosphorus: 151.48mg (15.15%), Vitamin C: 9.69mg (11.75%), Vitamin B12: 0.63µg (10.56%), Vitamin B6: 0.21mg (10.34%), Selenium: 7.08µg (10.11%), Vitamin B1: 0.14mg (9.58%), Folate: 33.72µg (8.43%), Zinc: 1.24mg (8.25%), Iron: 1.4mg (7.77%), Manganese: 0.14mg (7.04%), Vitamin B3: 1.25mg (6.27%), Vitamin E: 0.79mg (5.29%), Fiber: 1.3g (5.21%), Vitamin B5: 0.48mg (4.78%), Vitamin K: 4.07µg (3.87%), Potassium: 133.5mg (3.81%), Magnesium: 13.75mg (3.44%), Copper: 0.06mg (3.09%)