

Pesto Pizza

♥♥ Popular

READY IN



20 min.

SERVINGS



6

CALORIES



1407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce artichoke hearts drained sliced canned
- ☐ 2 ounce olives black drained chopped canned
- ☐ 1 cup feta cheese crumbled
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup pesto
- ☐ 12 inch pre-baked pizza crust
- ☐ 0.5 small onion red chopped
- ☐ 1 tomatoes ripe chopped

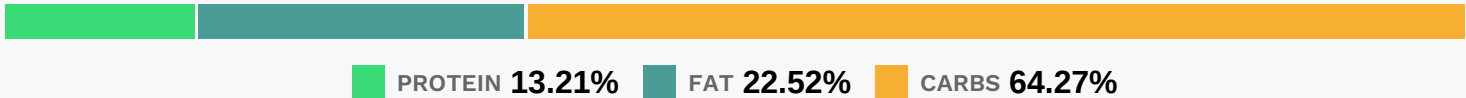
Equipment

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Spread pesto on pizza crust. Top with tomatoes, bell peppers, olives, red onions, artichoke hearts and feta cheese.
- ☐ Bake for 8 to 10 minutes, or until cheese is melted and browned.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:11.875652217347%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 1406.83kcal (70.34%), Fat: 35.06g (53.94%), Saturated Fat: 15.12g (94.48%), Carbohydrates: 225.07g (75.02%), Net Carbohydrates: 216.7g (78.8%), Sugar: 8.91g (9.9%), Cholesterol: 23.9mg (7.97%), Sodium: 3094.15mg (134.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.26g (92.52%), Iron: 12.74mg (70.78%), Calcium: 577.71mg (57.77%), Fiber: 8.37g (33.49%), Vitamin C: 13.47mg (16.33%), Vitamin A: 776.17IU (15.52%), Vitamin B2: 0.22mg (13.03%), Phosphorus: 94.69mg (9.47%), Vitamin B6: 0.16mg (8.21%), Vitamin B12: 0.42µg (7.04%), Selenium: 3.88µg (5.54%), Zinc: 0.79mg (5.27%), Vitamin B1: 0.06mg (3.96%), Vitamin E: 0.56mg (3.76%), Folate: 14.34µg (3.59%), Vitamin K: 3.16µg (3.01%), Potassium: 103.17mg (2.95%), Manganese: 0.06mg (2.87%), Vitamin B5: 0.29mg (2.86%), Magnesium: 10.2mg (2.55%), Vitamin B3: 0.46mg (2.31%), Copper: 0.04mg (2.16%)