

Pesto Pizza

READY IN



20 min.

SERVINGS



24

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup pesto
- ☐ 1 ready made pizza crust
- ☐ 1 cup ricotta cheese
- ☐ 0.3 cup romano cheese grated
- ☐ 2 tomatoes sliced

Equipment

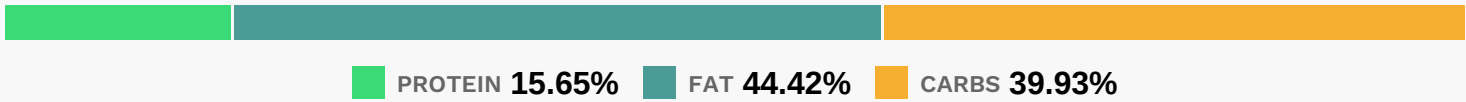
- ☐ bowl

☐ oven

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a small bowl, combine Ricotta and Parmesan.
- ☐ Spread pesto over the ready-to-cook pizza crust.
- ☐ Spread the ricotta and Parmesan over the pesto, and layer the tomatoes over the cheese.
- ☐ Sprinkle with Parmesan to taste.
- ☐ Bake for 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:1.5543478267348%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 93.24kcal (4.66%), Fat: 4.59g (7.07%), Saturated Fat: 1.9g (11.91%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.84g (3.21%), Sugar: 0.72g (0.8%), Cholesterol: 7.67mg (2.56%), Sodium: 175.73mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Calcium: 66.02mg (6.6%), Vitamin A: 248.86IU (4.98%), Phosphorus: 33.31mg (3.33%), Iron: 0.56mg (3.1%), Selenium: 2.01µg (2.88%), Fiber: 0.45g (1.82%), Vitamin B2: 0.03mg (1.74%), Vitamin C: 1.4mg (1.7%), Zinc: 0.21mg (1.4%), Potassium: 37.96mg (1.08%), Vitamin B12: 0.06µg (1.01%)