



Pesto Pizza With Sliced Tomatoes

READY IN



20 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 3 tablespoons commercial pesto
- ☐ 10 ounce pizza crust (such as Boboli)
- ☐ 1.8 cups plum tomatoes ()

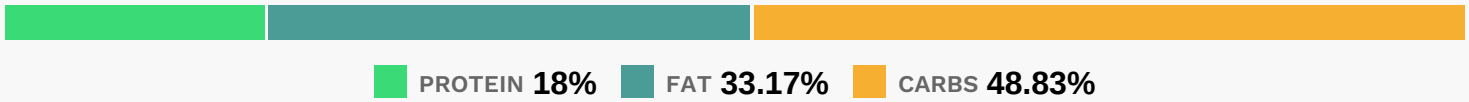
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking pan and spread pesto on top in a thin layer (may be some bare spots), leaving about a 1-inch border. Arrange tomato slices in a single layer on top, and sprinkle with cheese.
- ☐ Bake at 450 for 10–15 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:8.0573913195859%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 327.46kcal (16.37%), Fat: 12.1g (18.62%), Saturated Fat: 5.23g (32.66%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 37.58g (13.67%), Sugar: 4.47g (4.97%), Cholesterol: 19.04mg (6.35%), Sodium: 661.69mg (28.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Calcium: 314.58mg (31.46%), Vitamin A: 1225.38IU (24.51%), Vitamin C: 14.18mg (17.19%), Phosphorus: 156.1mg (15.61%), Iron: 2.33mg (12.97%), Fiber: 2.49g (9.97%), Vitamin K: 8.63µg (8.22%), Potassium: 269.13mg (7.69%), Zinc: 0.96mg (6.39%), Vitamin B2: 0.11mg (6.21%), Manganese: 0.12mg (6.04%), Selenium: 4.08µg (5.83%), Vitamin B6: 0.1mg (5.13%), Folate: 18.08µg (4.52%), Magnesium: 17.91mg (4.48%), Vitamin E: 0.6mg (3.99%), Vitamin B12: 0.23µg (3.87%), Copper: 0.07mg (3.41%), Vitamin B3: 0.64mg (3.22%), Vitamin B1: 0.04mg (2.89%), Vitamin B5: 0.11mg (1.15%)