



Pesto-Plum Tomato Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pesto basil sauce (such as Pesto Sanremo)
- 14.5 ounce flour italian cheese-flavored thin (1-pound) (such as Boboli)
- 2 tablespoons basil leaves fresh thinly sliced
- 2 large garlic cloves thinly sliced
- 0.5 teaspoon coarsely ground pepper
- 1 ounce preshredded parmesan cheese fresh
- 2 ounces preshredded part-skim mozzarella cheese
- 0.8 pound plum tomatoes sliced

Equipment

- baking sheet
- oven

Directions

- Preheat oven to 45
- Place crust on a large baking sheet.
- Spread pesto sauce over crust, and arrange tomato and garlic slices over crust. Top with cheeses, and sprinkle with pepper.
- Bake at 450 for 8 minutes or until cheese melts.
- Remove from oven, and sprinkle with basil.
- Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:7.4886957614318%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 441.09kcal (22.05%), Fat: 32.75g (50.38%), Saturated Fat: 7.22g (45.1%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 7.56g (2.75%), Sugar: 2.71g (3.01%), Cholesterol: 35.04mg (11.68%), Sodium: 471.26mg (20.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.85%), Calcium: 426.47mg (42.65%), Vitamin A: 1037.44IU (20.75%), Vitamin C: 12.3mg (14.91%), Phosphorus: 138.48mg (13.85%), Vitamin K: 11.65µg (11.1%), Manganese: 0.17mg (8.41%), Potassium: 232.28mg (6.64%), Selenium: 3.86µg (5.52%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.76mg (5.06%), Vitamin B2: 0.09mg (5.03%), Fiber: 1.25g (5.01%), Magnesium: 17.18mg (4.29%), Folate: 15.3µg (3.82%), Vitamin E: 0.51mg (3.38%), Copper: 0.07mg (3.38%), Vitamin B12: 0.2µg (3.35%), Vitamin B3: 0.56mg (2.81%), Vitamin B1: 0.04mg (2.69%), Iron: 0.44mg (2.47%), Vitamin B5: 0.13mg (1.34%)