



Pesto-Shrimp Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 cups onion frozen chopped
- ☐ 1 cup preshredded parmesan cheese fresh
- ☐ 0.3 cup commercial pesto
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 1 pound shrimp frozen peeled
- ☐ 4.5 tablespoons water

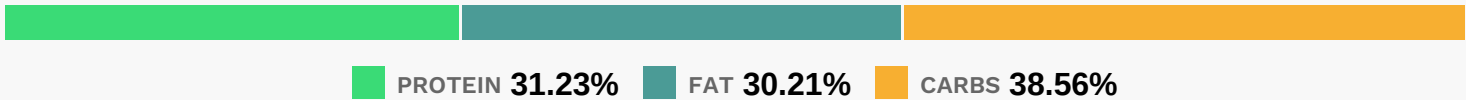
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Unroll dough onto a baking sheet coated with cooking spray; pat into a 12 x 8-inch rectangle.
- ☐ Bake at 450 for 9 minutes.
- ☐ Place a large nonstick skillet over medium-high heat until hot; coat with cooking spray.
- ☐ Add onion, and saut 4 minutes or until golden brown, adding 1 tablespoon water every minute.
- ☐ Add shrimp, remaining water, and balsamic vinegar. Saut 3 minutes or until shrimp are done and onion is golden.
- ☐ Coat prepared pizza crust with cooking spray.
- ☐ Spread pesto evenly over top of crust, leaving a 1/2-inch border. Top with onion mixture and cheese.
- ☐ Bake at 450 for 6 minutes or until cheese melts and crust is golden.
- ☐ Cut into 6 squares.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:7.830434753843%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 335.84kcal (16.79%), Fat: 11.33g (17.44%), Saturated Fat: 4.09g (25.57%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 30.27g (11.01%), Sugar: 7.69g (8.55%), Cholesterol: 134.15mg (44.72%), Sodium: 832.39mg (36.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.36g (52.72%), Phosphorus: 301.66mg (30.17%), Calcium: 288.08mg (28.81%), Copper: 0.34mg (16.77%), Iron: 2.09mg (11.62%), Zinc: 1.61mg (10.75%), Magnesium: 42.55mg (10.64%), Potassium: 337.69mg (9.65%), Fiber: 2.29g (9.16%), Vitamin A: 409.53IU (8.19%), Vitamin C: 5.92mg (7.18%), Manganese: 0.14mg (6.92%), Selenium: 4.15µg (5.93%), Vitamin B6: 0.11mg (5.56%), Vitamin B2: 0.08mg (4.53%), Folate: 16.37µg (4.09%), Vitamin B12: 0.2µg (3.33%), Vitamin B1: 0.04mg (2.89%), Vitamin B5: 0.17mg (1.74%)