



WHATSheATE

Pizza Bread Salad

READY IN



15 min.

SERVINGS



8

CALORIES



721 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup salad dressing fat-free italian
- ☐ 4 oz mozzarella cheese cut into 1/2-inch cubes
- ☐ 8 inch uncook pizza crust italian cut into 1-inch pieces (from 10-oz package)
- ☐ 10 oz baby greens
- ☐ 1 cup tomatoes coarsely chopped
- ☐ 2 oz turkey pepperoni chopped

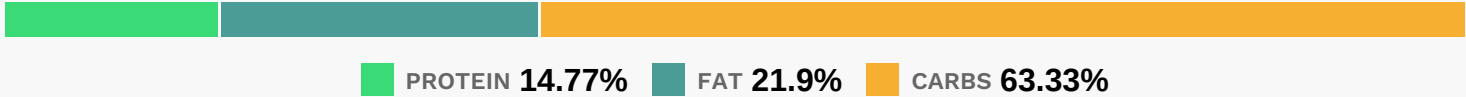
Equipment

- ☐ bowl

Directions

- ☐ In small bowl, mix dressing and basil; set aside.
- ☐ In large bowl, toss remaining ingredients.
- ☐ Pour dressing over salad mixture; toss to coat well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.27, Inflammation Score:-9, Nutrition Score:11.575652132864%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 720.72kcal (36.04%), Fat: 17.49g (26.9%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 113.81g (37.94%), Net Carbohydrates: 109.43g (39.79%), Sugar: 6.06g (6.73%), Cholesterol: 19.92mg (6.64%), Sodium: 1568.65mg (68.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.08%), Vitamin A: 3346.28IU (66.93%), Vitamin K: 46.35µg (44.14%), Iron: 6.83mg (37.96%), Calcium: 294.33mg (29.43%), Fiber: 4.38g (17.52%), Folate: 52.26µg (13.07%), Phosphorus: 67.48mg (6.75%), Zinc: 0.84mg (5.61%), Vitamin B12: 0.32µg (5.39%), Potassium: 186.6mg (5.33%), Vitamin C: 4.03mg (4.88%), Manganese: 0.09mg (4.25%), Selenium: 2.85µg (4.06%), Vitamin B2: 0.07mg (3.96%), Magnesium: 13.49mg (3.37%), Vitamin E: 0.5mg (3.3%), Vitamin B6: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.64%), Copper: 0.05mg (2.33%), Vitamin B3: 0.26mg (1.28%)