



## Pizza Milanese

READY IN



25 min.

SERVINGS



25

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 oz pkt spinach frozen thawed drained chopped well
- 0.3 tsp garlic powder
- 1 cup athenos gorgonzola cheese divided crumbled
- 1 tsp olive oil
- 1 ready-to-use baked pizza crust
- 0.5 cup mozzarella cheese shredded kraft
- 1 large tomatoes sliced

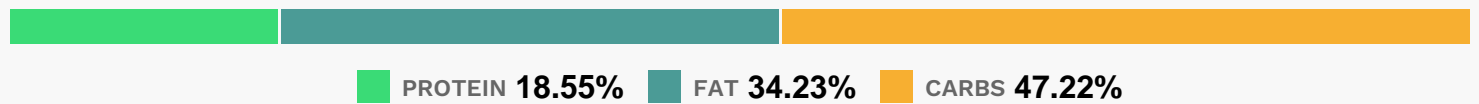
## Equipment

- baking sheet
- oven
- wooden spoon

## Directions

- Heat oven to 450F.
- Place pizza crust on baking sheet.
- Mix spinach, 1/2 cup Gorgonzola cheese, oil and garlic powder with wooden spoon until mixture forms paste; spread onto crust.
- Top with mozzarella, tomato slices and remaining Gorgonzola.
- Bake 15 min. or until cheeses are melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:3.88, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:5.1969564719045%

## Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 72.17kcal (3.61%), Fat: 2.78g (4.27%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 7.96g (2.89%), Sugar: 0.55g (0.61%), Cholesterol: 5.16mg (1.72%), Sodium: 158.8mg (6.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Vitamin K: 43.03µg (40.98%), Vitamin A: 1439.98IU (28.8%), Calcium: 64.96mg (6.5%), Folate: 19.33µg (4.83%), Manganese: 0.09mg (4.48%), Iron: 0.69mg (3.84%), Phosphorus: 32.85mg (3.29%), Vitamin B2: 0.05mg (2.97%), Vitamin E: 0.41mg (2.73%), Magnesium: 10.82mg (2.7%), Fiber: 0.66g (2.63%), Selenium: 1.72µg (2.46%), Potassium: 70.13mg (2%), Vitamin C: 1.62mg (1.97%), Vitamin B12: 0.11µg (1.77%), Zinc: 0.26mg (1.75%), Vitamin B6: 0.03mg (1.71%), Copper: 0.02mg (1.14%), Vitamin B1: 0.02mg (1.03%)