



Pizza Primavera

READY IN



20 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby spinach leaves fresh loosely packed
- 16 ounce bell pepper and onion stir-fry frozen
- 13.8 ounce classic pizza crust refrigerated pillsbury® canned
- 2 cups mozzarella cheese shredded

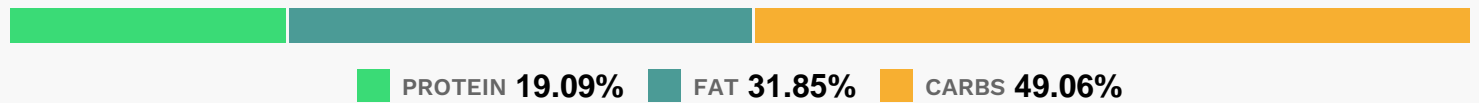
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 425 degrees F. Spray large cookie sheet with cooking spray. Unroll pizza dough on cookie sheet; press into 15x12-inch rectangle.
- Bake 6 to 8 minutes or until light golden brown.
- Meanwhile, in 10-inch skillet, heat 1 tablespoon vegetable oil over medium-high heat.
- Add frozen stir-fry vegetables; cook 6 to 8 minutes or until onions are tender.
- Spread 3/4 cup of the cooking sauce evenly over partially baked crust. Arrange peppers and onions evenly over sauce; top with spinach leaves.
- Drizzle with remaining cooking sauce.
- Sprinkle with cheese.
- Bake 8 to 10 minutes or until crust is golden brown.
- Sprinkle pizza with olives and seasoning.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.22, Inflammation Score:-10, Nutrition Score:17.344347746476%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 294.36kcal (14.72%), Fat: 10.63g (16.36%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 34.06g (12.38%), Sugar: 7.64g (8.49%), Cholesterol: 29.49mg (9.83%), Sodium: 716.43mg (31.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.66%), Vitamin C: 99.58mg (120.7%), Vitamin A: 3557.07IU (71.14%), Vitamin K: 52.86µg (50.35%), Calcium: 203.73mg (20.37%), Phosphorus: 156.72mg (15.67%), Folate: 56.79µg (14.2%), Vitamin B12: 0.85µg (14.19%), Iron: 2.52mg (14%), Vitamin B6: 0.25mg (12.67%), Fiber: 2.79g (11.14%), Vitamin B2: 0.19mg (11.11%), Vitamin E: 1.47mg (9.79%), Selenium: 6.52µg (9.32%), Manganese: 0.19mg (9.28%), Zinc: 1.33mg (8.88%), Potassium: 243.69mg (6.96%), Magnesium: 24.44mg (6.11%), Vitamin B3: 0.85mg (4.26%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.3mg (2.99%), Copper: 0.03mg (1.5%)