



## Pizza Quattro Stagioni

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 0.8 cup baby portobello mushrooms thinly sliced
- 3 ounces fontina shredded
- 2 tablespoons basil fresh chopped
- 6 oil-cured olives pitted chopped
- 3 tablespoons parmesan cheese fresh grated
- 3 ounces part-skim mozzarella cheese shredded
- 0.7 cup garlic-and-herb pasta sauce fat-free (such as Healthy Choice)
- 14 ounce cheese-flavored pizza crust (such as Boboli)

1.5 ounces pancetta thinly sliced cut into strips

## Equipment

oven

cutting board

## Directions

Preheat oven to 45

Spread pasta sauce over pizza crust, leaving a 1-inch border.

Sprinkle with Parmesan cheese; top with mushrooms and next 4 ingredients.

Sprinkle with mozzarella and fontina cheeses.

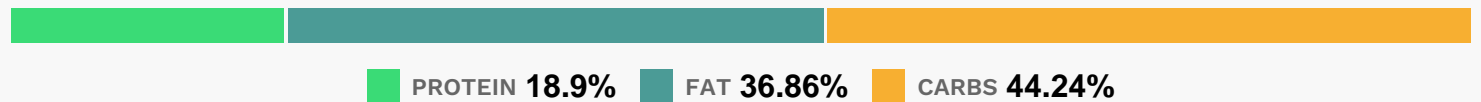
Place pizza on oven rack in center of oven.

Bake at 450 for 10 minutes or until crust is golden and cheese melts.

Remove to a cutting board; cut into 8 wedges.

Quattro stagioni (KWAH-tro stah-gee-OH-nee) means "four seasons."

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:5.0113043163134%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 255.76kcal (12.79%), Fat: 10.4g (16%), Saturated Fat: 5.33g (33.32%), Carbohydrates: 28.07g (9.36%), Net Carbohydrates: 26.04g (9.47%), Sugar: 2.38g (2.64%), Cholesterol: 23.92mg (7.97%), Sodium: 806.67mg (35.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (23.99%), Calcium: 214.71mg (21.47%), Phosphorus: 121.29mg (12.13%), Iron: 1.69mg (9.37%), Selenium: 6.21µg (8.88%), Fiber: 2.03g (8.12%), Vitamin A: 291.38IU (5.83%), Zinc: 0.87mg (5.82%), Vitamin B12: 0.32µg (5.31%), Vitamin B2: 0.09mg (5.22%), Vitamin B3: 0.82mg (4.11%), Potassium: 120.7mg (3.45%), Vitamin B6: 0.07mg (3.29%), Vitamin E: 0.48mg (3.23%), Vitamin K: 3.17µg (3.02%), Copper: 0.06mg (3.01%), Vitamin B5: 0.25mg (2.49%), Magnesium: 9.11mg (2.28%), Vitamin B1: 0.03mg (2%), Vitamin C:

1.52mg (1.84%), Manganese: 0.04mg (1.83%), Folate: 6.25µg (1.56%)