



Pizza with Tomatoes, Asparagus, and Basil



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup diagonally cut asparagus () (1/2 pound)
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 4 ounces pre-shredded part-skim mozzarella cheese
- ☐ 2 tablespoons commercial pesto (such as Classico)
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 6 plum tomatoes cut into 1/4-inch-thick slices (3/4 pound)

Equipment

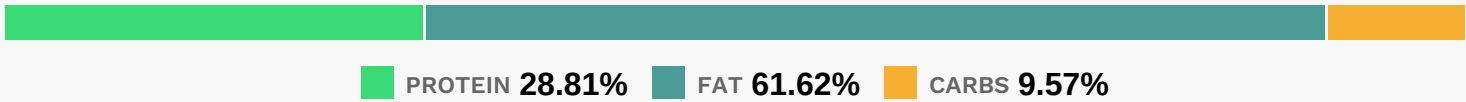
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 45
- ☐ Steam asparagus, covered, 2 minutes or until crisp-tender. Rinse under cold running water; drain well, and pat dry with paper towels.
- ☐ Place pizza crust on an ungreased pizza pan or baking sheet. Lightly coat pizza crust with cooking spray.
- ☐ Spread pesto evenly over crust. Arrange tomatoes and asparagus over pesto.
- ☐ Sprinkle with cheese.
- ☐ Bake at 450 for 15 minutes or until cheese melts and pizza is thoroughly heated.
- ☐ Remove from oven, and sprinkle with basil.
- ☐ Cut into 8 slices, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:10.225217293138%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 352.32kcal (17.62%), Fat: 25.24g (38.83%), Saturated Fat: 6.22g (38.89%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 6.86g (2.49%), Sugar: 3.64g (4.05%), Cholesterol: 32.92mg (10.97%), Sodium: 385.65mg (16.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.12%), Calcium: 395.51mg (39.55%), Vitamin A: 1394.64IU (27.89%), Vitamin K: 27.96µg (26.63%), Vitamin C: 14.89mg (18.04%), Phosphorus: 171.84mg (17.18%), Potassium: 316.32mg (9.04%), Manganese: 0.18mg (8.95%), Vitamin B2: 0.15mg (8.94%), Folate: 34.94µg (8.74%),

Fiber: 1.96g (7.85%), Zinc: 1.13mg (7.56%), Selenium: 4.86µg (6.94%), Copper: 0.13mg (6.55%), Vitamin B6: 0.13mg (6.35%), Iron: 1.12mg (6.23%), Vitamin E: 0.93mg (6.22%), Vitamin B1: 0.09mg (5.86%), Magnesium: 22.4mg (5.6%), Vitamin B3: 0.92mg (4.62%), Vitamin B12: 0.23µg (3.87%), Vitamin B5: 0.2mg (2%)