



## POLLY-OÂ® Pizza

READY IN



29 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp basil leaves dried crushed
- 0.3 tsp garlic salt
- 0.3 tsp ground pepper black
- 1.5 cups polly-o mozzarella cheese fresh shredded divided
- 0.5 tsp oregano leaves dried crushed
- 0.3 cup parmesan cheese grated kraft
- 1 pizza crust italian
- 0.8 cup polly-o original ricotta cheese

- 2 cups cut-up vegetables yellow such as 1 cup broccoli florets, 3/4 cup pepper strips and 1/4 cup chopped onions assorted

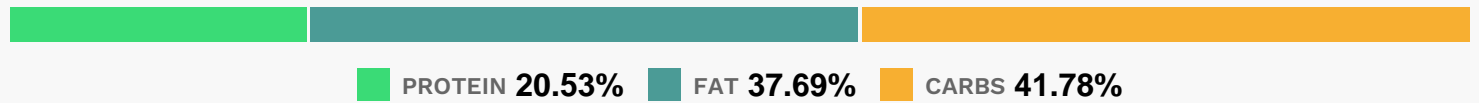
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 450F.
- Mix 1 cup of the mozzarella cheese, the ricotta cheese, Parmesan cheese and seasonings; spread evenly onto pizza crust.
- Place on baking sheet.
- Top with vegetables; sprinkle with remaining 1/2 cup mozzarella cheese.
- Bake 10 to 14 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:10.565217370572%

## Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 346.94kcal (17.35%), Fat: 14.58g (22.42%), Saturated Fat: 8.44g (52.76%), Carbohydrates: 36.35g (12.12%), Net Carbohydrates: 34.39g (12.51%), Sugar: 1.9g (2.11%), Cholesterol: 41.56mg (13.85%), Sodium: 731.65mg (31.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Vitamin K: 37.07µg (35.3%), Vitamin C: 27.06mg (32.8%), Calcium: 324.71mg (32.47%), Phosphorus: 195.53mg (19.55%), Selenium: 11.49µg (16.41%), Iron: 2.55mg (14.17%), Vitamin B12: 0.8µg (13.33%), Vitamin B2: 0.19mg (11.37%), Vitamin A: 556.99IU (11.14%), Zinc: 1.5mg (10.03%), Fiber: 1.96g (7.83%), Folate: 26.13µg (6.53%), Manganese: 0.12mg (5.94%), Magnesium: 19.05mg (4.76%), Potassium: 166.5mg (4.76%), Vitamin B6: 0.09mg (4.25%), Vitamin B5: 0.3mg (2.97%), Vitamin E: 0.4mg (2.66%), Vitamin B1: 0.04mg (2.38%), Copper: 0.03mg (1.66%), Vitamin B3: 0.28mg (1.39%), Vitamin D: 0.19µg (1.3%)