



Ranch Turkey Pizza

READY IN



35 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby spinach
- 0.5 teaspoon seasoning italian
- 14 oz uncook pizza crust italian (12 inch)
- 1 cup plum tomatoes chopped (Roma) (3 medium)
- 2 tablespoons ranch dressing
- 2 tablespoons onion red chopped
- 6 oz mozzarella cheese shredded
- 1.5 cups turkey diced cooked

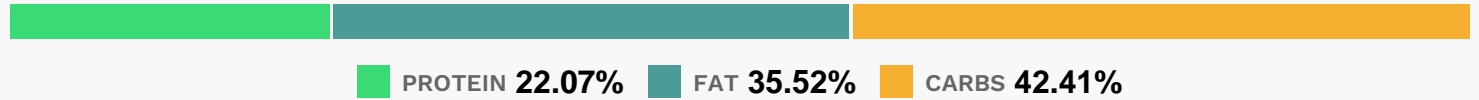
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450°F. On ungreased cookie sheet, place pizza crust.
- Spread dressing over crust. Top with turkey, spinach, tomatoes, onion, Italian seasoning and cheese.
- Bake 10 to 15 minutes or until thoroughly heated and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:9.9143479077712%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 332.01kcal (16.6%), Fat: 13.07g (20.1%), Saturated Fat: 5.96g (37.25%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 33.42g (12.15%), Sugar: 2.75g (3.05%), Cholesterol: 41.59mg (13.86%), Sodium: 607.52mg (26.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Vitamin K: 35.67µg (33.97%), Calcium: 219.75mg (21.97%), Vitamin A: 1007.67IU (20.15%), Phosphorus: 168.26mg (16.83%), Vitamin B12: 0.96µg (15.97%), Selenium: 10.36µg (14.8%), Iron: 2.46mg (13.68%), Vitamin B3: 2.21mg (11.05%), Vitamin B6: 0.21mg (10.39%), Zinc: 1.38mg (9.22%), Vitamin B2: 0.15mg (8.78%), Vitamin C: 7.06mg (8.55%), Fiber: 1.71g (6.84%), Potassium: 208.73mg (5.96%), Manganese: 0.12mg (5.8%), Magnesium: 21.2mg (5.3%), Folate: 20.57µg (5.14%), Vitamin E: 0.53mg (3.55%), Vitamin B5: 0.33mg (3.25%), Copper: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.77%), Vitamin D: 0.19µg (1.29%)