



HEALTH SCORE

79%

Red, White, and Green Pizza



Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



2211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 ounces pkt spinach frozen thawed chopped
- ☐ 2 cloves garlic crushed
- ☐ 8 ounce cheese blend shredded italian
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 14 ounce pizza crust dough
- ☐ 4 ounces ricotta cheese
- ☐ 1 serving salt and pepper to taste

☐ 2 tomatoes thinly sliced

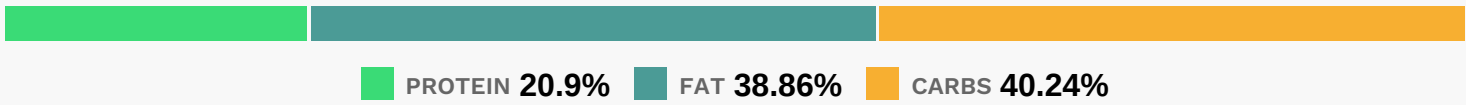
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly grease a baking sheet.
- ☐ Spread the pizza dough in the prepared pan, and rub dough lightly with the olive oil.
- ☐ Stir together the ricotta cheese, Parmesan cheese, spinach, artichoke hearts, garlic, salt, and pepper.
- ☐ Spread the mixture evenly over the dough.
- ☐ Sprinkle evenly with the shredded Italian cheese; top with the sliced tomatoes.
- ☐ Bake in the preheated oven until crust is lightly browned and the cheese is melted and bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:62.26391323753%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 2211.49kcal (110.57%), Fat: 96.08g (147.82%), Saturated Fat: 52.83g (330.17%), Carbohydrates: 223.84g (74.61%), Net Carbohydrates: 209.01g (76%), Sugar: 16.47g (18.3%), Cholesterol: 258.75mg (86.25%), Sodium: 4413.53mg (191.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.28g (232.55%), Vitamin K: 767.05µg (730.53%), Vitamin A: 27573.59IU (551.47%), Calcium: 2253.45mg (225.34%), Phosphorus: 1305.99mg (130.6%), Selenium: 76.51µg (109.3%), Vitamin B12: 5.89µg (98.23%), Iron: 16.88mg (93.77%), Manganese: 1.87mg (93.72%),

Folate: 355.81µg (88.95%), Vitamin B2: 1.45mg (85.12%), Zinc: 10.62mg (70.8%), Magnesium: 243.98mg (61%), Fiber: 14.83g (59.3%), Vitamin C: 46.49mg (56.35%), Vitamin E: 8.35mg (55.65%), Potassium: 1631.22mg (46.61%), Vitamin B6: 0.77mg (38.27%), Copper: 0.51mg (25.39%), Vitamin B1: 0.38mg (25.27%), Vitamin B3: 2.88mg (14.41%), Vitamin B5: 1.08mg (10.84%), Vitamin D: 1.26µg (8.39%)