



Roasted Tomato and Artichoke Flatbread Pizza

READY IN



24 min.

SERVINGS



4

CALORIES



274 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 13.8 ounce artichoke hearts drained quartered canned
- 2 cups arugula
- 0.3 teaspoon pepper black freshly ground
- 2 cups grape tomatoes
- 1 tablespoon juice of lemon fresh
- 2 naan flatbreads
- 2 teaspoons olive oil extra-virgin divided
- 0.3 cup parmesan cheese shaved
- 1 tablespoon parmesan cheese fresh finely grated

0.3 teaspoon salt

Equipment

oven

baking pan

broiler

Directions

Preheat broiler.

Toss tomatoes and artichokes with 1 teaspoon oil, and arrange in a shallow baking pan. Broil, stirring occasionally, about 4 minutes or until charred and tomatoes are wilted.

Preheat oven to 45

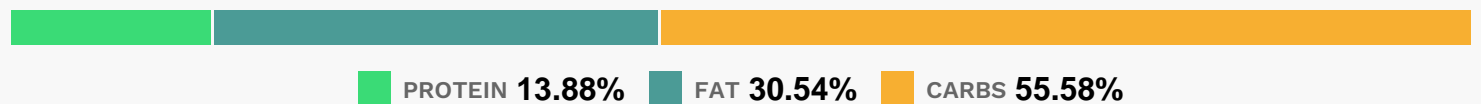
Top each flatbread with half of tomatoes and artichokes.

Sprinkle with grated Parmesan; bake in bottom third of oven 10 minutes or until golden brown and crisp.

While the pizza is baking, toss the arugula with shaved Parmesan, lemon juice, remaining 1 teaspoon olive oil, salt, and pepper.

Cut pizza into wedges, and serve with arugula alongside.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:6.1708695888519%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 273.86kcal (13.69%), Fat: 9.06g (13.94%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 33.52g (12.19%), Sugar: 5.05g (5.62%), Cholesterol: 10.06mg (3.35%), Sodium: 1055.3mg (45.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Vitamin A: 917.37IU (18.35%), Vitamin K: 18.32µg (17.45%), Vitamin C: 13.16mg (15.95%), Calcium: 152.51mg (15.25%), Fiber: 3.59g (14.36%), Phosphorus: 75.63mg (7.56%), Manganese: 0.14mg (6.76%), Potassium: 225.94mg (6.46%), Folate: 22.17µg (5.54%), Vitamin E: 0.76mg (5.04%), Magnesium: 16.64mg (4.16%), Vitamin B6: 0.08mg (3.79%), Vitamin B2: 0.05mg (2.85%), Copper: 0.06mg (2.82%), Zinc: 0.38mg (2.56%), Vitamin B3: 0.5mg (2.49%), Selenium: 1.73µg (2.47%), Iron: 0.44mg (2.42%), Vitamin B1: 0.04mg (2.39%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.09µg (1.5%)