



 5%  
HEALTH SCORE

## Salad Bar Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



1380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup artichoke hearts drained chopped quartered
- 16 sun-dried olives packed chopped
- 2 tablespoons olives pitted ripe sliced
- 0.3 cup parmesan finely grated
- 4 pepperoncini peppers stemmed drained chopped
- 4 pepperoncini peppers stemmed drained chopped
- 0.3 cup basil pesto
- 12 inch uncook pizza crust whole-wheat
- 3 ounces provolone cheese shredded

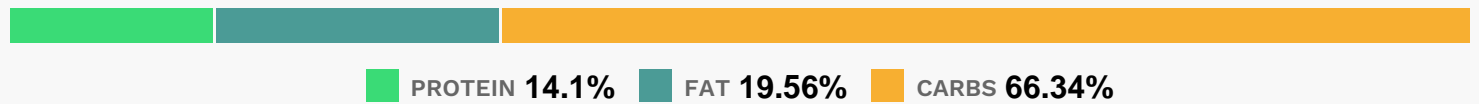
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 45
- Place crust on a large baking sheet.
- Spread pesto over crust to within 1/2 inch of edge.
- Sprinkle provolone cheese and remaining ingredients over pesto in the order given.
- Bake at 450 for 12 minutes or until crust is crisp. Cool 5 minutes; cut into 6 wedges.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:0.81, Inflammation Score:-2, Nutrition Score:11.727391211883%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 1380.35kcal (69.02%), Fat: 29.82g (45.87%), Saturated Fat: 14.11g (88.2%), Carbohydrates: 227.58g (75.86%), Net Carbohydrates: 218.03g (79.29%), Sugar: 10.23g (11.36%), Cholesterol: 13.44mg (4.48%), Sodium: 3037.95mg (132.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.38g (96.76%), Iron: 13.02mg (72.34%), Calcium: 593.12mg (59.31%), Fiber: 9.55g (38.18%), Vitamin C: 13.12mg (15.9%), Phosphorus: 122.58mg (12.26%), Vitamin A: 468.03IU (9.36%), Potassium: 241.58mg (6.9%), Manganese: 0.11mg (5.7%), Vitamin B2: 0.09mg (5.46%), Copper: 0.1mg (4.82%), Selenium: 3.35µg (4.79%), Zinc: 0.71mg (4.75%), Magnesium: 18.71mg (4.68%), Vitamin B12: 0.26µg (4.28%), Vitamin B6: 0.08mg (4.01%), Vitamin K: 3.98µg (3.79%), Vitamin B3: 0.69mg (3.44%), Vitamin B1: 0.04mg (2.92%), Vitamin B5: 0.23mg (2.34%), Folate: 9.28µg (2.32%), Vitamin E: 0.24mg (1.57%)