



Salad Bar Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



1379 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
- ☐ 0.3 cup basil pesto
- ☐ 12 inch uncook pizza crust whole-wheat
- ☐ 3 ounces provolone cheese shredded

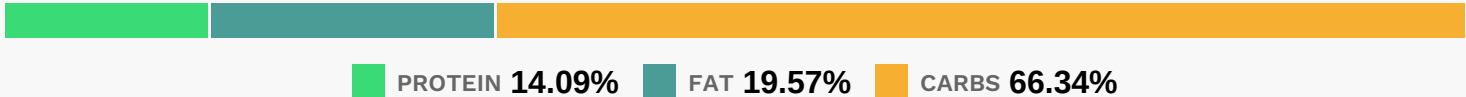
Equipment

- ☐ 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:11.127826027248%

Flavonoids

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

Nutrients (% of daily need)

Calories: 1378.55kcal (68.93%), Fat: 29.79g (45.83%), Saturated Fat: 14.11g (88.18%), Carbohydrates: 227.22g (75.74%), Net Carbohydrates: 217.9g (79.24%), Sugar: 10.1g (11.22%), Cholesterol: 13.44mg (4.48%), Sodium: 3037.08mg (132.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.27g (96.54%), Iron: 12.99mg (72.17%), Calcium: 592.19mg (59.22%), Fiber: 9.32g (37.28%), Phosphorus: 120.45mg (12.05%), Vitamin C: 7.6mg (9.22%), Vitamin A: 445.36IU (8.91%), Potassium: 224.51mg (6.41%), Manganese: 0.11mg (5.37%), Vitamin B2: 0.09mg (5.25%), Selenium: 3.33µg (4.76%), Zinc: 0.7mg (4.64%), Copper: 0.09mg (4.51%), Magnesium: 17.58mg (4.39%), Vitamin B12: 0.26µg (4.28%), Vitamin K: 3.35µg (3.19%), Vitamin B3: 0.61mg (3.03%), Vitamin B6: 0.06mg (2.82%), Vitamin B1: 0.04mg (2.56%), Vitamin B5: 0.22mg (2.16%), Folate: 7.35µg (1.84%), Vitamin E: 0.19mg (1.27%)