



Shrimp and Garlic Pizza (Instant Get-Together)

READY IN



45 min.

SERVINGS



8

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons garlic minced
- ☐ 1 cup grape tomatoes halved
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese finely grated
- ☐ 8 servings prebaked pizza crust
- ☐ 0.5 pound shrimp frozen thawed deveined peeled

Equipment

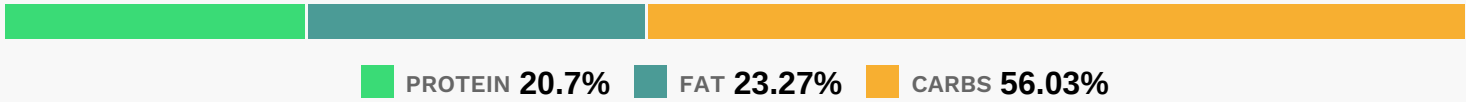
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Slice shrimp in half horizontally.
- ☐ Place a prebaked pizza crust on a shallow baking pan.
- ☐ Combine olive oil and minced garlic in a small bowl; brush oil mixture onto crust. Top crust with halved shrimp, halved grape tomatoes, and Parmesan cheese.
- ☐ Bake 10–12 minutes or until shrimp are cooked through.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:3.1100000275866%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 238.15kcal (11.91%), Fat: 6.16g (9.48%), Saturated Fat: 2.09g (13.06%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 32.12g (11.68%), Sugar: 1.5g (1.67%), Cholesterol: 46.73mg (15.58%), Sodium: 406.85mg (17.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.65%), Iron: 2.04mg (11.33%), Calcium: 93.79mg (9.38%), Phosphorus: 75.36mg (7.54%), Copper: 0.13mg (6.34%), Fiber: 1.25g (5.01%), Vitamin C: 3.02mg (3.66%), Potassium: 127.33mg (3.64%), Vitamin A: 166.09IU (3.32%), Vitamin E: 0.49mg (3.24%), Zinc: 0.48mg (3.22%), Magnesium: 12.78mg (3.2%), Vitamin K: 3.1µg (2.95%), Manganese: 0.06mg (2.84%), Vitamin B6: 0.03mg (1.73%)