



Shrimp-Pesto Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 3 tablespoons pesto sauce refrigerated
- ☐ 11 oz pizza crust dough refrigerated thin canned
- ☐ 0.5 pound shrimp cooked peeled ()

Equipment

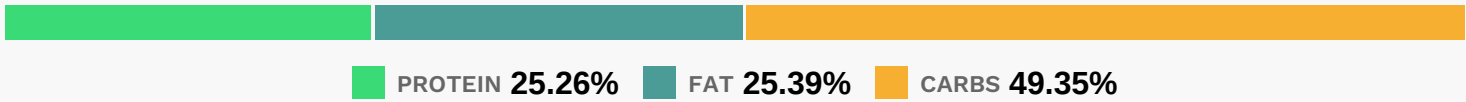
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Unroll dough; pat to an even thickness on a lightly greased baking sheet.
- ☐ Bake 10 to 12 minutes or until lightly browned.
- ☐ Spread pesto sauce over crust. Top crust with shrimp and tomatoes.
- ☐ Bake pizza at 450 for 8 to 10 minutes.
- ☐ Sprinkle pizza with Parmesan cheese and chopped fresh basil.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:4.0313043555488%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 217.1kcal (10.85%), Fat: 6.19g (9.52%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 25.86g (9.4%), Sugar: 4.12g (4.58%), Cholesterol: 66.29mg (22.1%), Sodium: 589.38mg (25.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.71%), Phosphorus: 122.63mg (12.26%), Iron: 1.77mg (9.82%), Vitamin A: 458.87IU (9.18%), Calcium: 89.63mg (8.96%), Copper: 0.17mg (8.43%), Vitamin K: 6.21µg (5.91%), Zinc: 0.8mg (5.32%), Potassium: 171.82mg (4.91%), Fiber: 1.21g (4.85%), Magnesium: 18.55mg (4.64%), Vitamin C: 3.58mg (4.34%), Manganese: 0.06mg (2.85%), Selenium: 1.95µg (2.78%), Vitamin B2: 0.02mg (1.45%), Vitamin B6: 0.03mg (1.3%), Vitamin B12: 0.08µg (1.25%), Folate: 4.74µg (1.18%), Vitamin E: 0.17mg (1.14%)