



 **81%**
HEALTH SCORE

Shrimp Pizza

 Very Healthy

READY IN



35 min.

SERVINGS



1

CALORIES



3378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce cream cheese softened
- 10 ounce pkt spinach frozen thawed drained chopped
- 2 cloves garlic minced
- 2 teaspoons penzey's southwest seasoning italian
- 0.5 cup mayonnaise
- 2 tablespoons olive oil
- 1 cup parmesan cheese grated
- 1 small bell pepper red sliced

- 0.5 small onion red sliced
- 10 ounce pizza dough refrigerated
- 13 ounce shrimp drained canned

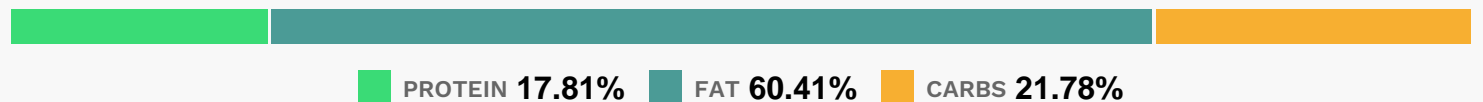
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat an oven to 400 degrees F (200 degrees C). Stir together the cream cheese, Parmesan cheese, mayonnaise, garlic, and spinach until evenly mixed; set aside.
- Press the pizza dough onto a baking sheet, and brush with 2 tablespoons of olive oil.
- Sprinkle with 1 teaspoon Italian seasoning.
- Bake in the preheated oven until golden brown, 10 to 12 minutes.
- Meanwhile, heat 2 tablespoons of olive oil in a skillet over medium heat, and cook the bell pepper and onion until tender, about 5 minutes. Season with 2 teaspoons of Italian seasoning, and stir in the canned shrimp; cook until the shrimp are heated through.
- When the crust has baked, remove from the oven, and spread evenly with the spinach mixture.
- Spread the shrimp and vegetable mixture onto the pizza, and cut into pieces to serve.

Nutrition Facts



Properties

Glycemic Index:171, Glycemic Load:6.38, Inflammation Score:-10, Nutrition Score:73.339999945267%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.11mg,

Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg, Quercetin: 11.44mg

Nutrients (% of daily need)

Calories: 3377.56kcal (168.88%), Fat: 230.56g (354.7%), Saturated Fat: 81.09g (506.79%), Carbohydrates: 187.06g (62.35%), Net Carbohydrates: 170.27g (61.92%), Sugar: 34.32g (38.13%), Cholesterol: 956.46mg (318.82%), Sodium: 5879.1mg (255.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 152.9g (305.8%), Vitamin K: 1289.3µg (1227.9%), Vitamin A: 39612.95IU (792.26%), Phosphorus: 1878.08mg (187.81%), Calcium: 1807.38mg (180.74%), Vitamin C: 116.35mg (141.03%), Vitamin E: 20.3mg (135.35%), Manganese: 2.69mg (134.45%), Folate: 497.23µg (124.31%), Selenium: 75.47µg (107.82%), Magnesium: 424.82mg (106.21%), Copper: 2.03mg (101.43%), Iron: 18.03mg (100.16%), Vitamin B2: 1.63mg (95.79%), Zinc: 12.61mg (84.09%), Potassium: 2770.8mg (79.17%), Fiber: 16.79g (67.16%), Vitamin B6: 1.1mg (55.1%), Vitamin B12: 1.98µg (33.06%), Vitamin B1: 0.44mg (29.41%), Vitamin B5: 2.45mg (24.52%), Vitamin B3: 2.74mg (13.69%), Vitamin D: 0.72µg (4.83%)