



Shrimp Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup alfredo sauce light refrigerated
- ☐ 1 cup arugula loosely packed
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 servings parmesan shaved
- ☐ 4 servings pepper freshly ground
- ☐ 16 oz uncook pizza crust italian
- ☐ 0.5 cup roasted peppers red jarred coarsely chopped
- ☐ 10 shrimp peeled

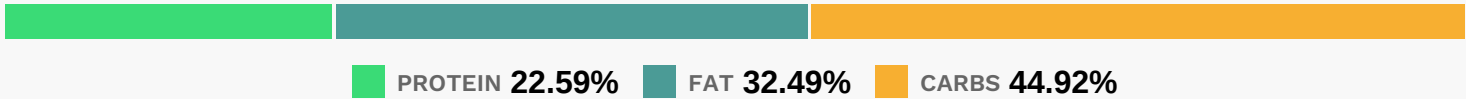
Equipment

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Spread pizza crust with light pesto or Alfredo sauce. Top with Perfect Poached Shrimp, chopped roasted red bell peppers, and 1/3 cup freshly grated Parmesan cheese.
- ☐ Bake 20 minutes or until thoroughly heated. Top with arugula, shaved Parmesan cheese, and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:9.5556522607803%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 525.04kcal (26.25%), Fat: 18.84g (28.98%), Saturated Fat: 10.52g (65.76%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 56.56g (20.57%), Sugar: 2.39g (2.66%), Cholesterol: 81.46mg (27.15%), Sodium: 1637.38mg (71.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.93%), Calcium: 563.56mg (56.36%), Phosphorus: 320.79mg (32.08%), Iron: 3.72mg (20.67%), Selenium: 9.74µg (13.91%), Vitamin C: 8.89mg (10.77%), Zinc: 1.58mg (10.51%), Vitamin A: 516.58IU (10.33%), Vitamin B2: 0.14mg (8.12%), Fiber: 2.03g (8.11%), Vitamin B12: 0.47µg (7.88%), Magnesium: 29.31mg (7.33%), Copper: 0.14mg (6.93%), Vitamin K: 6.27µg (5.97%), Potassium: 154.26mg (4.41%), Manganese: 0.08mg (3.91%), Vitamin B6: 0.07mg (3.46%), Folate: 10.27µg (2.57%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.02mg (1.38%), Vitamin D: 0.19µg (1.28%)