



Shrimp, Spinach, and Basil Pizza Bianca

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 teaspoon basil dried
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 1 garlic clove minced
- ☐ 2.5 cups mushrooms sliced
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 ounces part-skim mozzarella cheese shredded

- ☐ 16 ounce pizza crust italian cheese-flavored (such as Boboli)
- ☐ 2 ounces sharp provolone cheese grated
- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 3 cups pkt spinach chopped

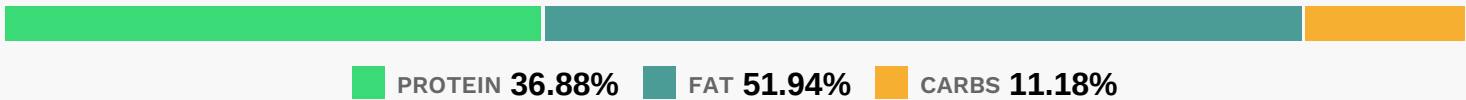
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 42
- ☐ Place crust on a baking sheet; set aside.
- ☐ Combine cornstarch, milk, and garlic in a small saucepan, stirring well with a whisk. Bring to a boil over medium heat; cook 1 minute, stirring constantly. Stir in salt and pepper.
- ☐ Spread sauce over crust.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat; saut shrimp 3 minutes.
- ☐ Add mushrooms; saut 2 minutes. Stir in spinach; cook 1 minute or until spinach wilts.
- ☐ Drain. Spoon shrimp mixture over sauce.
- ☐ Sprinkle with oregano and basil. Top with cheeses.
- ☐ Bake at 425 for 8 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.35, Inflammation Score:-7, Nutrition Score:12.614782561427%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 348.48kcal (17.42%), Fat: 20.85g (32.08%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.43g (3.43%), Sugar: 5.04g (5.6%), Cholesterol: 124.38mg (41.46%), Sodium: 399.07mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Vitamin K: 56.82µg (54.11%), Calcium: 386.15mg (38.62%), Phosphorus: 308.23mg (30.82%), Vitamin A: 1255.97IU (25.12%), Vitamin B2: 0.32mg (18.96%), Copper: 0.35mg (17.36%), Potassium: 458.07mg (13.09%), Zinc: 1.74mg (11.61%), Magnesium: 46.3mg (11.57%), Selenium: 6.05µg (8.64%), Manganese: 0.17mg (8.28%), Folate: 32.19µg (8.05%), Vitamin B5: 0.77mg (7.72%), Vitamin B3: 1.28mg (6.39%), Vitamin C: 4.72mg (5.72%), Iron: 1.01mg (5.6%), Vitamin B6: 0.09mg (4.58%), Vitamin B12: 0.24µg (4.03%), Vitamin B1: 0.06mg (3.78%), Fiber: 0.67g (2.66%), Vitamin E: 0.36mg (2.37%), Vitamin D: 0.16µg (1.06%)