



Smart Pizza Supper

 Dairy Free

READY IN



25 min.

SERVINGS



5

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup cherry tomatoes halved quartered
- 1 large cucumber chopped
- 1 Tbsp basil fresh chopped
- 3 Tbsp 3 tbsp. kraft lite zesty italian dressing italian kraft
- 23.4 oz di giorno harvest wheat crust supreme pizza crispy thin
- 2.5 cups raspberries
- 0.3 cup onions red finely chopped

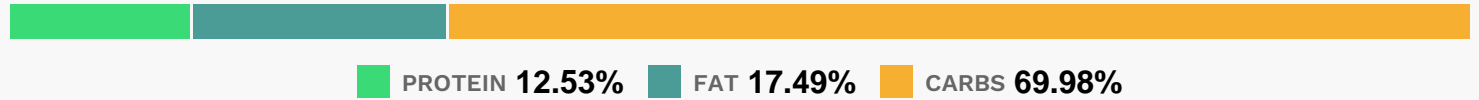
Equipment

oven

Directions

- Bake pizza as directed on package.
- Meanwhile, mix all remaining ingredients except raspberries.
- Serve pizza with the salad and raspberries.

Nutrition Facts



Properties

Glycemic Index:27.6, Glycemic Load:1.14, Inflammation Score:-4, Nutrition Score:8.8960869104966%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 429.78kcal (21.49%), Fat: 8.41g (12.94%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 75.71g (25.24%), Net Carbohydrates: 69.05g (25.11%), Sugar: 7.47g (8.3%), Cholesterol: 0mg (0%), Sodium: 796.53mg (34.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.56g (27.12%), Vitamin C: 25.16mg (30.5%), Fiber: 6.66g (26.64%), Manganese: 0.5mg (25.08%), Iron: 4.43mg (24.6%), Vitamin K: 19.75µg (18.81%), Calcium: 151.94mg (15.19%), Potassium: 254.53mg (7.27%), Folate: 26.69µg (6.67%), Copper: 0.13mg (6.29%), Magnesium: 24.65mg (6.16%), Vitamin E: 0.91mg (6.07%), Vitamin A: 275.64IU (5.51%), Vitamin B6: 0.1mg (5.11%), Phosphorus: 41.85mg (4.19%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.05mg (3.54%), Vitamin B3: 0.57mg (2.85%), Zinc: 0.42mg (2.79%), Vitamin B2: 0.05mg (2.73%)