



Soppresata Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.8 cup lowfat fontina grated
- ☐ 1 cup lowfat ricotta
- ☐ 8 servings grilled pizza crust
- ☐ 2 cups bottled roasted peppers red
- ☐ 0.8 cup lowfat romano grated
- ☐ 4 oz ultrathin soppresata italian (or other salami)

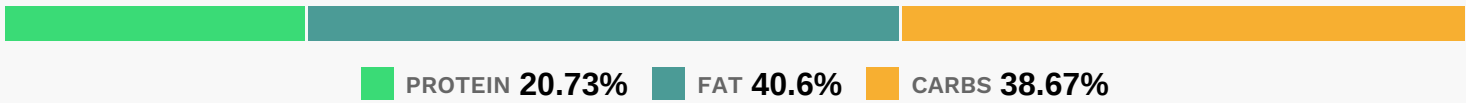
Equipment

☐ bowl

Directions

- ☐ In a bowl, mix Romano and fontina. Make pizza crust. While second side of each crust is grilling, spread 1/8 cheese mixture over cooked side of each crust. Top with 1/8 peppers. Dollop 1/8 cup ricotta over each crust. Arrange 5 slices soppressata on each pizza.
- ☐ Sprinkle each with 1 1/2 tsp parsley. Rotate 3 to 4 minutes until bottom is evenly golden brown.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:10.536086968754%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 371.86kcal (18.59%), Fat: 16.72g (25.73%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 35.83g (11.94%), Net Carbohydrates: 34.35g (12.49%), Sugar: 1.37g (1.52%), Cholesterol: 44.91mg (14.97%), Sodium: 1400.8mg (60.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.43%), Calcium: 330.91mg (33.09%), Vitamin K: 31.5µg (30%), Vitamin C: 18.77mg (22.75%), Phosphorus: 211.35mg (21.13%), Selenium: 12.04µg (17.2%), Iron: 2.61mg (14.52%), Vitamin B12: 0.8µg (13.33%), Vitamin A: 610.88IU (12.22%), Zinc: 1.77mg (11.79%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.15mg (10.32%), Vitamin B6: 0.17mg (8.32%), Fiber: 1.48g (5.91%), Vitamin B3: 1.06mg (5.3%), Potassium: 169.8mg (4.85%), Magnesium: 18.13mg (4.53%), Copper: 0.09mg (4.37%), Manganese: 0.08mg (3.78%), Folate: 14.16µg (3.54%), Vitamin B5: 0.34mg (3.39%), Vitamin D: 0.15µg (1.01%)