



Spinach and Ham French Bread Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb bread french
- 3 tablespoons vegetable oil
- 8 oz tomato sauce canned
- 1 cup finely-chopped ham cooked chopped
- 0.3 cup onion chopped
- 2 tablespoons pinenuts
- 2 oz pkt spinach fresh chopped
- 12 oz provolone cheese cut in half

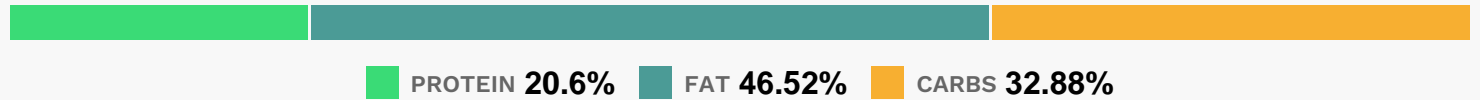
Equipment

- baking sheet
- oven

Directions

- Heat oven to 400°F.
- Cut loaf of bread in half horizontally; cut each half crosswise into thirds.
- Place cut sides up on ungreased large cookie sheet; brush with oil.
- Bake 5 to 6 minutes or until tops are slightly toasted.
- Remove from oven.
- Spread pizza sauce evenly over cut sides of each piece of bread. Top evenly with ham, onion, nuts and spinach.
- Place 4 half slices of cheese on top of each.
- Bake 7 to 10 minutes or until cheese is melted and pizza is hot.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:31.4, Inflammation Score:-9, Nutrition Score:24.981739235961%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 529.16kcal (26.46%), Fat: 27.58g (42.44%), Saturated Fat: 11.64g (72.75%), Carbohydrates: 43.86g (14.62%), Net Carbohydrates: 41.18g (14.98%), Sugar: 5.6g (6.22%), Cholesterol: 52.87mg (17.62%), Sodium: 1271.8mg (55.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.48g (54.96%), Vitamin K: 62.81µg (59.82%), Calcium: 485.8mg (48.58%), Selenium: 33.95µg (48.5%), Vitamin B1: 0.68mg (45.27%), Phosphorus:

451.54mg (45.15%), Manganese: 0.84mg (41.89%), Vitamin B2: 0.6mg (35.38%), Vitamin A: 1549.83IU (31%), Folate: 123.36µg (30.84%), Vitamin B3: 5mg (24.99%), Iron: 4.23mg (23.5%), Zinc: 3.4mg (22.65%), Vitamin B12: 1.09µg (18.22%), Magnesium: 66.19mg (16.55%), Copper: 0.25mg (12.67%), Vitamin E: 1.89mg (12.63%), Vitamin C: 10.21mg (12.38%), Vitamin B6: 0.24mg (11.85%), Potassium: 414.24mg (11.84%), Fiber: 2.67g (10.7%), Vitamin B5: 0.83mg (8.28%), Vitamin D: 0.28µg (1.89%)