



Spinach and Onion Pizza

READY IN



55 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces baby spinach fresh
- ☐ 28.5 ounce canned tomatoes whole with slow-cooked collards, grits, and tomato gravy) drained coarsely chopped well canned
- ☐ 1 tablespoon canola oil divided
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 3 ounces mozzarella fresh
- ☐ 6 garlic clove thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups onion vertically sliced ()

- ☐ 2 tablespoons oregano fresh divided chopped
- ☐ 0.3 cup parmesan grated
- ☐ 12 ounces pizza dough fresh refrigerated

Equipment

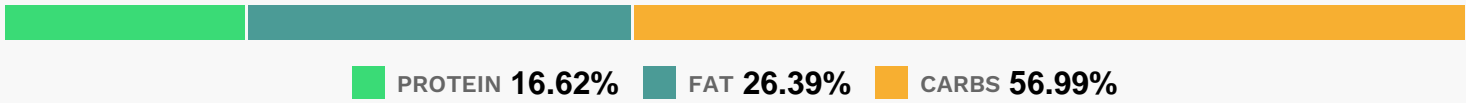
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Remove dough from refrigerator.
- ☐ Let stand at room temperature, covered, 30 minutes.
- ☐ Place a heavy baking sheet in oven. Preheat oven to 500 (keep baking sheet in oven as it preheats).
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add onion; cook 4 minutes or until softened, stirring frequently.
- ☐ Remove onion from pan.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add garlic; cook 1 minute, stirring frequently.
- ☐ Add tomatoes, 1 tablespoon oregano, pepper, and salt; cook 4 minutes or until most of liquid evaporates, stirring mixture occasionally.
- ☐ Roll dough into a 13-inch circle on a lightly floured surface; pierce entire surface liberally with a fork. Carefully place dough on preheated baking sheet.
- ☐ Spread tomato mixture evenly over dough, leaving a 1/2-inch border. Top with onion and cheeses.
- ☐ Bake at 500 for 12 minutes or until crust is golden and cheese is lightly browned.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.

- ☐ Add spinach; saut 2 minutes or until spinach wilts. Top pizza with remaining 1 tablespoon oregano and spinach.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:27.745217439921%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg, Quercetin: 17.44mg

Nutrients (% of daily need)

Calories: 454.16kcal (22.71%), Fat: 13.98g (21.51%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 59.54g (21.65%), Sugar: 18.13g (20.15%), Cholesterol: 22.46mg (7.49%), Sodium: 1326.82mg (57.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.61%), Vitamin K: 167.1µg (159.14%), Vitamin A: 3457.15IU (69.14%), Manganese: 0.94mg (47.1%), Vitamin C: 33.93mg (41.13%), Iron: 7.08mg (39.35%), Calcium: 370.58mg (37.06%), Fiber: 8.38g (33.54%), Vitamin E: 4.39mg (29.27%), Vitamin B6: 0.56mg (27.97%), Potassium: 947.54mg (27.07%), Folate: 104.69µg (26.17%), Phosphorus: 246.54mg (24.65%), Copper: 0.48mg (23.79%), Magnesium: 87.15mg (21.79%), Vitamin B2: 0.29mg (17.04%), Vitamin B1: 0.23mg (15.63%), Vitamin B3: 3mg (15.01%), Zinc: 1.82mg (12.12%), Selenium: 8.21µg (11.73%), Vitamin B12: 0.58µg (9.75%), Vitamin B5: 0.8mg (7.99%)