



## Spinach-Garlic Pizza

READY IN



22 min.

SERVINGS



22

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 oz athenos feta cheese with garlic & herb crumbled
- 1 tsp rosemary fresh chopped
- 1 clove garlic minced
- 1 Tbsp olive oil
- 1 ready-to-use baked pizza crust
- 1 cup mozzarella cheese shredded kraft
- 10 oz pkt spinach frozen dry thawed chopped
- 1 small tomatoes cut into thin slices

## Equipment

- bowl
- baking sheet
- oven
- microwave

## Directions

- Heat oven to 450F.
- Mix oil and garlic in small microwaveable bowl. Microwave on HIGH 30 sec.
- Place pizza crust on baking sheet; brush with oil mixture. Top with remaining ingredients.
- Bake 10 to 12 min. or until cheese is melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:5.55, Glycemic Load:0.14, Inflammation Score:-7, Nutrition Score:6.1069564262162%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 88.37kcal (4.42%), Fat: 3.78g (5.82%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 9.79g (3.26%), Net Carbohydrates: 9.09g (3.31%), Sugar: 0.52g (0.58%), Cholesterol: 8.61mg (2.87%), Sodium: 195.92mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Vitamin K: 48.86µg (46.53%), Vitamin A: 1602.59IU (32.05%), Calcium: 84.87mg (8.49%), Folate: 21.35µg (5.34%), Vitamin B2: 0.09mg (5.16%), Manganese: 0.1mg (5.05%), Iron: 0.81mg (4.49%), Phosphorus: 42.93mg (4.29%), Selenium: 2.43µg (3.47%), Vitamin B12: 0.2µg (3.39%), Vitamin E: 0.51mg (3.38%), Magnesium: 12.18mg (3.05%), Fiber: 0.7g (2.81%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.38mg (2.52%), Potassium: 62.22mg (1.78%), Vitamin C: 1.32mg (1.61%), Vitamin B1: 0.02mg (1.56%), Copper: 0.02mg (1.19%)