



Spinach Pizza Pie

READY IN



60 min.

SERVINGS



6

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz spinach green frozen thawed chopped giant®
- ☐ 4.5 oz mushrooms green drained sliced giant®
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 27.6 oz pizza dough refrigerated canned
- ☐ 8 oz tomato sauce canned (1 cup)
- ☐ 6 oz mozzarella cheese shredded
- ☐ 1 teaspoon vegetable oil

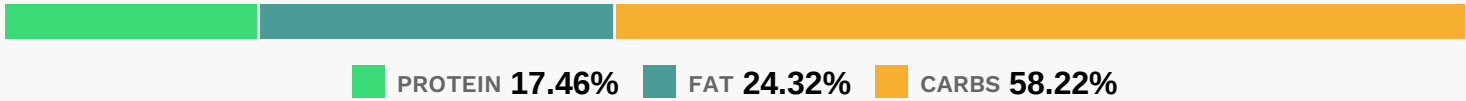
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Lightly spray 9-inch glass pie plate with cooking spray.
- ☐ Unroll 1 can of pizza crust dough.
- ☐ Place dough in pie plate; press against bottom and side of pie plate to form crust.
- ☐ In small bowl, mix pizza sauce and mushrooms; spoon onto dough in pie plate.
- ☐ Layer with olives, 3/4 cup of the mozzarella cheese, the spinach and remaining 3/4 cup mozzarella cheese.
- ☐ Unroll remaining can of dough. Press dough into 9-inch circle; place over filling. Pinch edges of dough together to seal; roll up edge of dough or flute to form rim.
- ☐ Cut several slits in dough.
- ☐ Brush with oil; sprinkle with Parmesan cheese.
- ☐ Bake 35 to 40 minutes or until deep golden brown.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.97, Inflammation Score:-10, Nutrition Score:23.343912845073%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 462.56kcal (23.13%), Fat: 12.89g (19.84%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 64.04g (23.29%), Sugar: 10.73g (11.92%), Cholesterol: 23.12mg (7.71%), Sodium: 1466.1mg (63.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.83g (41.66%), Vitamin K: 319.56µg (304.35%),

Vitamin A: 10357.42IU (207.15%), Folate: 132.54µg (33.14%), Manganese: 0.66mg (32.92%), Iron: 5.75mg (31.97%), Calcium: 269.1mg (26.91%), Vitamin B2: 0.38mg (22.59%), Vitamin E: 3.35mg (22.31%), Fiber: 5.39g (21.55%), Magnesium: 77.95mg (19.49%), Selenium: 12.47µg (17.81%), Phosphorus: 176.03mg (17.6%), Potassium: 499.59mg (14.27%), Copper: 0.24mg (12.19%), Vitamin B12: 0.67µg (11.1%), Vitamin B6: 0.22mg (10.92%), Zinc: 1.54mg (10.24%), Vitamin C: 7.77mg (9.42%), Vitamin B3: 1.62mg (8.08%), Vitamin B1: 0.12mg (7.74%), Vitamin B5: 0.56mg (5.59%), Vitamin D: 0.16µg (1.07%)