



Summer Squash Pizza

READY IN



32 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbsp basil fresh chopped
- 0.3 cup parmesan cheese grated kraft
- 1 ready-to-use baked pizza crust
- 2 large plum tomatoes sliced
- 1.5 cups mozzarella cheese shredded kraft
- 3 Tbsp tuscan house dressing italian divided kraft
- 1 baby squash yellow thinly sliced
- 1 zucchini thinly sliced

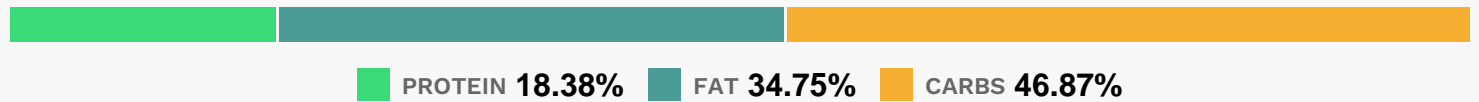
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 450F.
- Place pizza crust on baking sheet. Arrange tomatoes over crust; brush with 1 Tbsp. dressing.
- Heat remaining dressing in large skillet on medium-high heat.
- Add zucchini and yellow squash; cook and stir 4 to 5 min. or until crisp-tender. Arrange over tomatoes; top with cheeses.
- Bake 10 to 12 min. or until crust is golden brown and mozzarella is melted.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:0.73, Inflammation Score:-5, Nutrition Score:8.6739130434783%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 314.16kcal (15.71%), Fat: 12.19g (18.75%), Saturated Fat: 6.09g (38.07%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 35.02g (12.74%), Sugar: 4.17g (4.63%), Cholesterol: 25.75mg (8.58%), Sodium: 675.84mg (29.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Calcium: 255.09mg (25.51%), Vitamin C: 14.64mg (17.74%), Vitamin K: 17.56µg (16.73%), Phosphorus: 157.6mg (15.76%), Iron: 2.31mg (12.85%), Vitamin A: 641.56IU (12.83%), Vitamin B12: 0.69µg (11.58%), Vitamin B2: 0.18mg (10.37%), Selenium: 6.5µg (9.29%), Manganese: 0.18mg (8.84%), Zinc: 1.25mg (8.36%), Vitamin B6: 0.16mg (8.13%), Fiber: 1.96g (7.86%), Potassium: 261.14mg (7.46%), Folate: 24.05µg (6.01%), Magnesium: 22.48mg (5.62%), Vitamin B1: 0.05mg (3.32%), Copper: 0.06mg

(3.02%), Vitamin E: 0.44mg (2.95%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.19mg (1.93%)