



Sun-Dried Tomato and Herb Pizza

READY IN



20 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cream cheese with chives and onions soft
- ☐ 0.5 cup sun-dried olives drained sliced
- ☐ 16 ounces uncook pizza crust ready-to-serve (12 to 14 inches in diameter)
- ☐ 1 ounce cheddar cheese shredded
- ☐ 4 ounces mozzarella cheese shredded

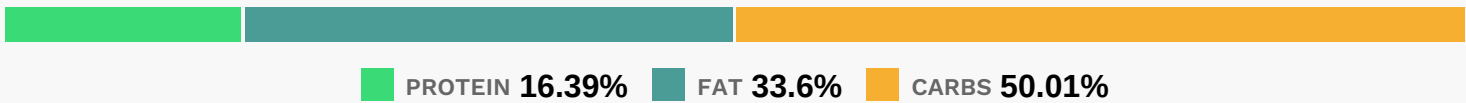
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 425°.
- ☐ Place pizza crust on ungreased cookie sheet.
- ☐ Spread with cream cheese. Top with tomatoes, oregano and basil.
- ☐ Sprinkle with cheeses.
- ☐ Bake 8 to 10 minutes or until cheese is melted.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.48, Inflammation Score:-3, Nutrition Score:6.8326087283052%

Nutrients (% of daily need)

Calories: 338.9kcal (16.95%), Fat: 12.79g (19.67%), Saturated Fat: 7.06g (44.12%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 40.55g (14.74%), Sugar: 5.15g (5.73%), Cholesterol: 29.21mg (9.74%), Sodium: 589.81mg (25.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.07%), Calcium: 216.83mg (21.68%), Iron: 2.99mg (16.61%), Phosphorus: 131.3mg (13.13%), Potassium: 344.9mg (9.85%), Fiber: 2.27g (9.08%), Manganese: 0.18mg (8.82%), Selenium: 5.87µg (8.38%), Vitamin B12: 0.5µg (8.36%), Vitamin B2: 0.14mg (8.29%), Vitamin A: 382.25IU (7.64%), Copper: 0.14mg (6.78%), Zinc: 0.95mg (6.37%), Magnesium: 23.69mg (5.92%), Vitamin K: 4.69µg (4.47%), Vitamin C: 3.59mg (4.36%), Vitamin B3: 0.86mg (4.3%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.29mg (2.91%), Folate: 9.4µg (2.35%), Vitamin B6: 0.05mg (2.3%), Vitamin E: 0.15mg (1.02%)