



Tortilla Pizza Margherita

READY IN



20 min.

SERVINGS



2

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black freshly ground
- 1 10-inch flour tortilla ()
- 4 basil leaves fresh thinly sliced
- 1 clove garlic minced
- 0.5 cup italian* five cheese shredded with a touch of philadelphia kraft
- 1 tsp olive oil
- 1 Tbsp parmesan cheese grated kraft
- 1 plum tomatoes thinly sliced

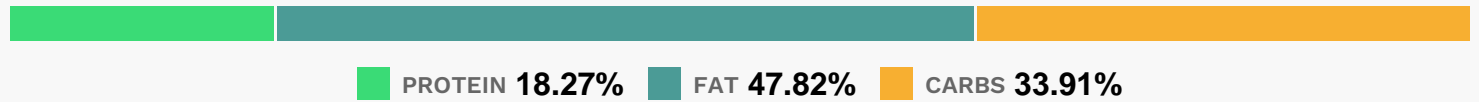
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450F.
- Place tortilla on baking sheet; brush with oil. Top with all remaining ingredients except basil.
- Bake 8 to 10 min. or until tortilla is crisp and cheese is melted.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:5.96, Inflammation Score:-4, Nutrition Score:6.3700000105993%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 236.02kcal (11.8%), Fat: 12.83g (19.74%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 18.76g (6.82%), Sugar: 2.13g (2.37%), Cholesterol: 7.78mg (2.59%), Sodium: 356.48mg (15.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.06%), Manganese: 0.28mg (13.83%), Calcium: 137.56mg (13.76%), Vitamin B1: 0.19mg (12.78%), Selenium: 8.91µg (12.73%), Phosphorus: 98.53mg (9.85%), Vitamin K: 10.12µg (9.64%), Folate: 38.33µg (9.58%), Vitamin B3: 1.75mg (8.77%), Iron: 1.45mg (8.07%), Vitamin B2: 0.12mg (6.82%), Fiber: 1.7g (6.82%), Vitamin A: 323.56IU (6.47%), Vitamin C: 4.86mg (5.89%), Potassium: 133.54mg (3.82%), Vitamin E: 0.51mg (3.43%), Vitamin B6: 0.07mg (3.4%), Copper: 0.07mg (3.33%), Magnesium: 13.3mg (3.32%), Zinc: 0.37mg (2.49%), Vitamin B5: 0.11mg (1.07%)