



Turkey Alfredo Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup alfredo sauce light (such as Contadina)
- 0.3 teaspoon pepper black
- 0.5 teaspoon pepper red crushed
- 3 ounces fontina shredded
- 1 garlic clove halved
- 2 teaspoons juice of lemon
- 1 pound pizza crust italian cheese-flavored thin (such as Boboli)
- 0.5 teaspoon salt

1 cup pkt spinach frozen dry thawed drained chopped

1 cup turkey breast shredded cooked

Equipment

oven

Directions

Preheat oven to 45

Combine the first 5 ingredients; toss well. Rub cut sides of garlic over crust; discard garlic.

Spread Alfredo sauce evenly over crust; top with turkey mixture.

Sprinkle with cheese and red pepper.

Bake at 450 for 12 minutes or until crust is crisp.

Cut into 6 wedges.

Nutrition Facts

 **PROTEIN 32.61%** **FAT 63.01%** **CARBS 4.38%**

Properties

Glycemic Index:14.83, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:7.7434782023015%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 378.55kcal (18.93%), Fat: 27.42g (42.19%), Saturated Fat: 7.56g (47.27%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.66g (0.73%), Cholesterol: 66.41mg (22.14%), Sodium: 674.83mg (29.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.93g (63.87%), Vitamin K: 26.91µg (25.63%), Calcium: 250.64mg (25.06%), Vitamin B3: 4mg (20.02%), Vitamin B6: 0.34mg (16.9%), Selenium: 11.2µg (15.99%), Phosphorus: 145.13mg (14.51%), Vitamin A: 488.46IU (9.77%), Vitamin B12: 0.49µg (8.11%), Zinc: 1.04mg (6.91%), Vitamin B2: 0.1mg (5.67%), Vitamin B5: 0.39mg (3.9%), Potassium: 125.39mg (3.58%), Vitamin C: 2.92mg (3.54%),

Magnesium: 14.08mg (3.52%), Manganese: 0.07mg (3.34%), Folate: 11.76µg (2.94%), Iron: 0.32mg (1.79%), Vitamin E: 0.26mg (1.77%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.41%), Fiber: 0.33g (1.34%)