

Turkey Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 cups tomatoes canned crushed
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 10 ounce pizza crust dough refrigerated canned

- ☐ 2 ounces provolone cheese shredded
- ☐ 0.1 teaspoon salt
- ☐ 2 cups skinned turkey cooked chopped

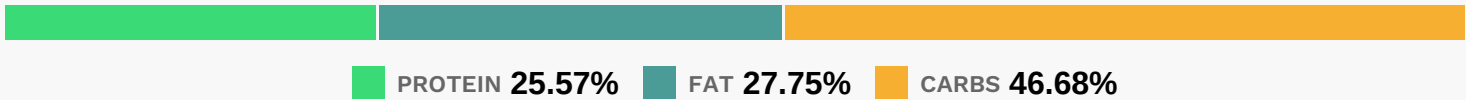
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and garlic; saut 4 minutes. Stir in tomatoes, salt, and pepper; bring to a boil. Reduce heat; simmer 15 minutes or until thick, stirring occasionally. Stir in parsley and basil.
- ☐ Remove from heat. Cool completely.
- ☐ Roll dough into a 10-inch circle on a lightly floured surface.
- ☐ Place dough on a (12-inch) pizza pan or baking sheet coated with cooking spray. Crimp edges of dough with fingers to form a rim.
- ☐ Spread tomato mixture over crust, leaving a 1/4-inch border. Top with turkey; sprinkle with cheeses.
- ☐ Bake at 400 for 10 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:12.196086919826%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 262.68kcal (13.13%), Fat: 8.28g (12.74%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 28.69g (10.43%), Sugar: 7.39g (8.21%), Cholesterol: 36.42mg (12.14%), Sodium: 650.98mg (28.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.33%), Vitamin K: 48.44µg (46.14%), Calcium: 186.63mg (18.66%), Vitamin B6: 0.37mg (18.63%), Phosphorus: 185.82mg (18.58%), Vitamin B3: 3.5mg (17.5%), Iron: 2.82mg (15.65%), Selenium: 10.57µg (15.1%), Vitamin C: 12.38mg (15.01%), Vitamin A: 557.71IU (11.15%), Fiber: 2.64g (10.57%), Potassium: 363.6mg (10.39%), Manganese: 0.21mg (10.35%), Vitamin B12: 0.62µg (10.33%), Vitamin B2: 0.17mg (9.95%), Zinc: 1.44mg (9.62%), Copper: 0.18mg (9.06%), Magnesium: 32mg (8%), Vitamin E: 1.09mg (7.26%), Vitamin B1: 0.09mg (6.01%), Vitamin B5: 0.57mg (5.71%), Folate: 22.67µg (5.67%), Vitamin D: 0.17µg (1.17%)