



Verdura Pizza

READY IN



24 min.

SERVINGS



8

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounce artichoke hearts quartered recommended: Progresso
- ☐ 1.5 cups baby spinach washed
- ☐ 1 teaspoon garlic powder
- ☐ 5.5 ounce goat cheese crumbled
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons olives ripe sliced
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 cup pasta sauce
- ☐ 13.8 ounce refrigerator pizza crust dough recommended: Pillsbury

☐ 0.8 cup roasted bell peppers red cut into 1/2-inch strips

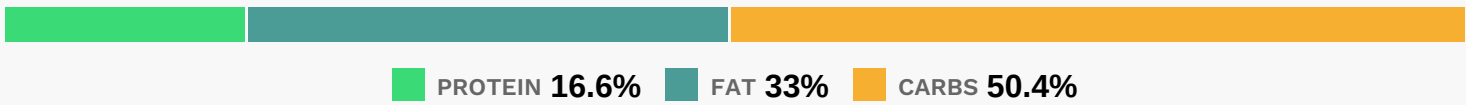
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 450 degrees F.
- ☐ Lightly spray the backside of a baking sheet with cooking spray. Unroll the pizza dough onto the sheet pan.
- ☐ In a medium bowl, stir together pasta sauce, garlic powder, and oregano. Use a pastry brush to brush the top of the dough with olive oil.
- ☐ Spread the sauce over pizza dough leaving a 1/2-inch border. Top with goat cheese.
- ☐ Bake for 12 to 17 minutes.
- ☐ In a large bowl combine the spinach with 2 tablespoons reserved artichoke marinade, artichoke hearts, red bell pepper strips, and olives. Toss together.
- ☐ Remove pizza from the oven and top with veggies. Slice and serve.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:6.3334782330886%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin:

0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 211.04kcal (10.55%), Fat: 7.76g (11.94%), Saturated Fat: 4.15g (25.95%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.83g (9.03%), Sugar: 1.68g (1.87%), Cholesterol: 8.97mg (2.99%), Sodium: 697.81mg (30.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.78g (17.57%), Vitamin K: 30.91µg (29.44%), Vitamin A: 877.58IU (17.55%), Iron: 2.28mg (12.66%), Vitamin C: 8.77mg (10.63%), Copper: 0.19mg (9.57%), Calcium: 92.17mg (9.22%), Fiber: 1.84g (7.34%), Manganese: 0.13mg (6.49%), Phosphorus: 61.6mg (6.16%), Vitamin B2: 0.1mg (5.95%), Vitamin B6: 0.11mg (5.44%), Folate: 17.85µg (4.46%), Vitamin E: 0.66mg (4.41%), Magnesium: 12.82mg (3.21%), Potassium: 111.14mg (3.18%), Vitamin B5: 0.2mg (1.95%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.37mg (1.87%), Vitamin B1: 0.03mg (1.85%), Selenium: 0.86µg (1.23%)