



Walnut Pizza with Arugula and Yellow Tomatoes

READY IN



45 min.

SERVINGS



2

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon milk fat-free
- ☐ 2 ounces feta cheese reduced-fat
- ☐ 14 inch individual pizza crust dough refrigerated such as Mama Mary's
- ☐ 0.3 cup onion red chopped
- ☐ 1 cup roasted chicken breast shredded

- ☐ 2 tablespoons walnuts coarsely chopped
- ☐ 1 teaspoon balsamic vinegar white
- ☐ 1 cup tomatoes yellow chopped
- ☐ 1 teaspoon or dried fresh chopped
- ☐ 1 teaspoon or dried fresh chopped

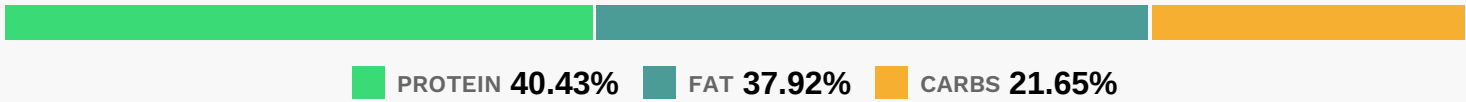
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Bake pizza shells according to package directions, omitting fat.
- ☐ While pizza shells bake, heat a small skillet over medium-high heat.
- ☐ Add walnuts; cook 3 minutes or until lightly browned, stirring constantly.
- ☐ Place walnuts, feta, milk, oregano, and 1/4 teaspoon pepper in a food processor; pulse to combine.
- ☐ Combine arugula and remaining ingredients; toss to combine. Divide walnut mixture evenly among pizza shells; spread evenly. Divide arugula mixture evenly among shells.

Nutrition Facts



Properties

Glycemic Index:113.13, Glycemic Load:1, Inflammation Score:-5, Nutrition Score:13.53652165247%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg, Quercetin: 5mg

Nutrients (% of daily need)

Calories: 312.01kcal (15.6%), Fat: 13.4g (20.61%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 15.19g (5.52%), Sugar: 4.18g (4.65%), Cholesterol: 74.91mg (24.97%), Sodium: 456.88mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.15g (64.29%), Vitamin B3: 10.6mg (52.98%), Selenium: 20.39µg (29.12%), Vitamin B6: 0.55mg (27.47%), Manganese: 0.55mg (27.3%), Phosphorus: 239.31mg (23.93%), Copper: 0.28mg (14.23%), Potassium: 489.02mg (13.97%), Magnesium: 52.98mg (13.25%), Folate: 47.16µg (11.79%), Iron: 2.08mg (11.57%), Vitamin K: 12.07µg (11.5%), Vitamin C: 9.36mg (11.35%), Vitamin B5: 0.91mg (9.09%), Vitamin B2: 0.15mg (8.94%), Zinc: 1.32mg (8.83%), Vitamin B1: 0.13mg (8.65%), Fiber: 2.02g (8.07%), Calcium: 60.78mg (6.08%), Vitamin A: 271.75IU (5.44%), Vitamin B12: 0.28µg (4.69%), Vitamin E: 0.31mg (2.07%), Vitamin D: 0.15µg (1.02%)