



White Pizza with Roasted Garlic and Green Olives

READY IN



75 min.

SERVINGS



4

CALORIES



2236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bulb garlic
- ☐ 1 cup olives green sliced
- ☐ 8 ounce cheese blend shredded italian
- ☐ 5 tablespoons olive oil
- ☐ 12 inch pre-baked pizza crust
- ☐ 1 pinch salt

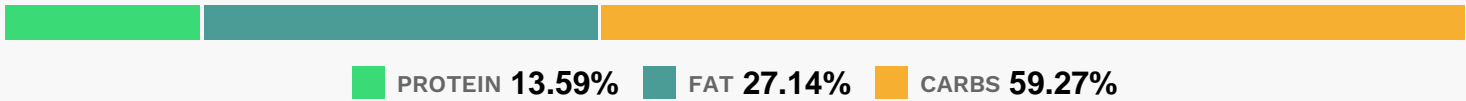
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Slice the top off of the head of garlic, and sprinkle with a little salt.
- ☐ Place on a square of aluminum foil, and drizzle with olive oil. Wrap the foil loosely around the garlic.
- ☐ Bake for 35 to 40 minutes in the preheated oven, until cloves are tender.
- ☐ Drizzle olive oil from the garlic foil pack over the pizza crust, and brush to spread evenly.
- ☐ Sprinkle the green olives over the crust. Top with shredded cheese. Squeeze the garlic cloves out of the paper skins, and distribute on top of the pizza.
- ☐ Bake for 30 to 35 minutes in the preheated oven, or until the cheese is melted and bubbly and the edges are nicely browned. Allow to cool for a few minutes, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:2, Nutrition Score:11.606956427188%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 2235.8kcal (111.79%), Fat: 67.62g (104.04%), Saturated Fat: 20.76g (129.75%), Carbohydrates: 332.22g (110.74%), Net Carbohydrates: 320.86g (116.67%), Sugar: 10.43g (11.59%), Cholesterol: 11.34mg (3.78%), Sodium: 4239.83mg (184.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.2g (152.4%), Iron: 18.72mg (103.99%), Calcium: 748.79mg (74.88%), Fiber: 11.37g (45.47%), Vitamin E: 3.81mg (25.38%), Vitamin K: 11.02µg (10.5%), Vitamin A: 132.71IU (2.65%), Copper: 0.04mg (2.14%)