



5:2 Diet - Pepper and Rocket (Arugula) Pizza = 269 calories

 Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



1

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 laughing cow triangles light
- 1 serving sprinkle of oregano dried good
- 1 serving grinding of pepper black good
- 0.5 large roasted pepper red
- 3 rocket leaves (arugula)
- 1 tbsp tomato purée
- 1 warburtons square brown wrap

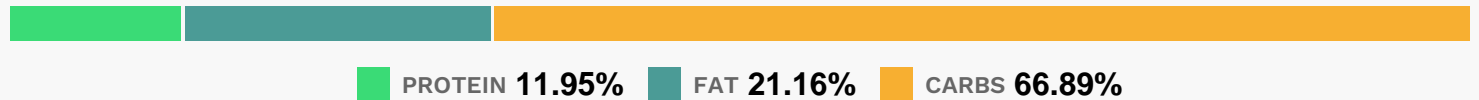
Equipment

oven

Directions

- Preheat the oven to 230c/210c fan/450f/gas mark 8.
- Spread the tomato puree evenly over the wrap.
- Slice the laughing cow triangles and scatter over the pizza.
- Slice the peppers and add to the pizza, then add some rocket (arugula).
- Finish off with a good sprinkle of oregano and some black pepper.
- Bake for a few minutes until the pizza is crisp and golden.
- Enjoy!

Nutrition Facts



Properties

Glycemic Index:144, Glycemic Load:4.86, Inflammation Score:-8, Nutrition Score:7.0443478045256%

Flavonoids

Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 107.93kcal (5.4%), Fat: 2.58g (3.97%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 16.11g (5.86%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 480.52mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Vitamin K: 15.66µg (14.91%), Manganese: 0.3mg (14.81%), Vitamin C: 11.23mg (13.61%), Iron: 2.04mg (11.32%), Folate: 45.29µg (11.32%), Vitamin B1: 0.17mg (11.21%), Selenium: 6.98µg (9.96%), Fiber: 2.25g (9.01%), Vitamin B3: 1.74mg (8.69%), Calcium: 80.76mg (8.08%), Phosphorus: 79.78mg (7.98%), Vitamin A: 338.04IU (6.76%), Vitamin B2: 0.11mg (6.75%), Copper: 0.12mg (5.94%), Potassium: 176.38mg (5.04%), Magnesium: 19.07mg (4.77%), Vitamin B6: 0.09mg (4.4%), Vitamin E: 0.53mg (3.53%), Zinc: 0.33mg (2.21%), Vitamin B5: 0.17mg (1.72%)