



After School Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 inch crusty baguette
- 1 tablespoons tomatoes
- 1 serving oregano
- 0.3 cup mozzarella cheese shredded

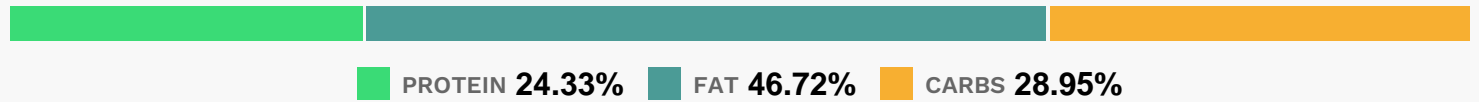
Equipment

- oven
- toaster

Directions

- Make French bread pizzas. Slice 6 inches of a baguette lengthwise.
- Spread 1 to 2 Tbsp. bottled marinara sauce on each slice; top with 1/4 cup shredded mozzarella.
- Sprinkle with oregano.
- Bake in toaster oven on medium, or in a 400 oven, for 10 minutes.
- Top with anything. Before baking, top with sliced pepperoni, ham, leftover chicken, crumbled bacon or cooked vegetables.

Nutrition Facts



Properties

Glycemic Index:148.75, Glycemic Load:5.47, Inflammation Score:-7, Nutrition Score:5.7095651730247%

Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 6.76g (10.4%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.46g (3.08%), Sugar: 1.58g (1.75%), Cholesterol: 22.12mg (7.37%), Sodium: 341.09mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Calcium: 175.47mg (17.55%), Phosphorus: 119.13mg (11.91%), Selenium: 7.52µg (10.74%), Vitamin B12: 0.64µg (10.64%), Vitamin B2: 0.14mg (8.42%), Vitamin K: 7.74µg (7.37%), Manganese: 0.15mg (7.25%), Vitamin B1: 0.1mg (6.83%), Zinc: 1mg (6.65%), Iron: 1.16mg (6.45%), Folate: 21.99µg (5.5%), Vitamin A: 271.24IU (5.42%), Vitamin B3: 0.92mg (4.58%), Fiber: 0.97g (3.88%), Magnesium: 14.51mg (3.63%), Vitamin E: 0.5mg (3.31%), Potassium: 97.33mg (2.78%), Vitamin B6: 0.05mg (2.57%), Copper: 0.05mg (2.26%), Vitamin B5: 0.15mg (1.53%), Vitamin C: 1.07mg (1.3%)