



Asparagus and Zucchini Pizza (So-Slimming Slice)

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces asparagus spears
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 ounce parmesan cheese fresh shaved
- ☐ 8 servings prebaked pizza crust
- ☐ 1 cup zucchini thinly sliced

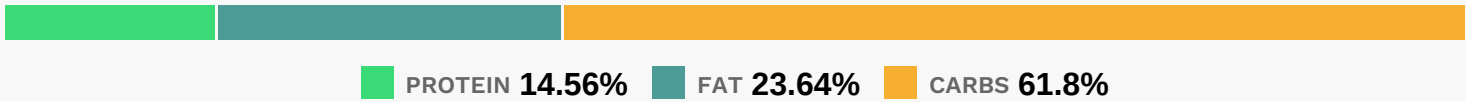
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Break off and discard ends of asparagus spears; slice spears diagonally, crosswise into 1/2-inch pieces.
- ☐ Place a prebaked pizza crust on a shallow baking pan; top with thinly sliced zucchini.
- ☐ Sprinkle with asparagus pieces; drizzle with olive oil.
- ☐ Bake 10–12 minutes or until vegetables are tender. Top with fresh lemon juice, fresh thyme leaves, and shaved fresh Parmesan cheese.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.24, Inflammation Score:-7, Nutrition Score:4.1439130173429%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 217.95kcal (10.9%), Fat: 5.76g (8.86%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 32.16g (11.69%), Sugar: 1.91g (2.12%), Cholesterol: 2.41mg (0.8%), Sodium: 408.58mg (17.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Iron: 2.5mg (13.9%), Calcium: 113.32mg (11.33%), Vitamin K: 10.63µg (10.12%), Vitamin C: 6.82mg (8.26%), Fiber: 1.73g (6.93%), Vitamin A: 261.21IU (5.22%), Phosphorus: 42.77mg (4.28%), Folate: 16.17µg (4.04%), Manganese: 0.08mg (3.86%), Vitamin B2: 0.06mg (3.59%), Vitamin E: 0.52mg (3.5%), Copper: 0.05mg (2.75%), Potassium: 95.87mg (2.74%), Vitamin B1: 0.04mg (2.67%),

Vitamin B6: 0.05mg (2.63%), Magnesium: 8.95mg (2.24%), Selenium: 1.32µg (1.89%), Zinc: 0.28mg (1.86%), Vitamin B3: 0.31mg (1.53%), Vitamin B5: 0.11mg (1.14%)