



Bell Pepper, Red Onion, and Goat Cheese Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



214 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large basil leaves fresh cut into thin strips
- ☐ 3 garlic cloves minced
- ☐ 5 ounce goat cheese fresh crumbled soft
- ☐ 5 ounces thickly mushrooms sliced
- ☐ 0.3 cup olive oil
- ☐ 10 ounce purchased fully baked pizza crust thin (such as Boboli)
- ☐ 0.5 cup onion paper-thin red
- ☐ 0.5 cup roasted peppers from jar red drained cut into thin strips

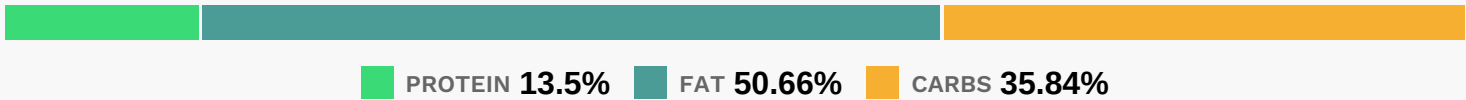
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Preheat oven to 425°F.
- ☐ Place pizza crust on large baking sheet.
- ☐ Mix olive oil and minced garlic in small bowl. Using pastry brush, brush 2 tablespoons garlic oil evenly over crust. Top with spinach leaves, then sprinkle with sliced mushrooms, roasted red peppers, red onion slices, fresh basil, and crumbled goat cheese.
- ☐ Drizzle pizza evenly with remaining garlic oil.
- ☐ Bake pizza until crust is crisp and cheese begins to brown, about 18 minutes.
- ☐ Transfer pizza to board.
- ☐ Cut into wedges and serve warm.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:4.4413043571555%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 214.33kcal (10.72%), Fat: 12.2g (18.77%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.4g (6.69%), Sugar: 1.48g (1.64%), Cholesterol: 8.15mg (2.72%), Sodium: 374.54mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.63%), Copper: 0.21mg (10.31%), Iron: 1.55mg (8.61%), Vitamin B2: 0.15mg (8.55%), Vitamin C: 5.6mg (6.79%), Vitamin E: 1.01mg (6.75%), Phosphorus: 67.19mg (6.72%), Calcium: 66.25mg (6.62%), Vitamin K: 6.1µg (5.81%), Vitamin B6: 0.1mg (5.24%), Vitamin A: 249.93IU (5%), Vitamin B5: 0.41mg (4.09%), Fiber: 1.02g (4.07%), Vitamin B3: 0.79mg (3.94%), Manganese: 0.08mg (3.82%), Selenium: 2.38µg (3.4%), Potassium: 94.09mg (2.69%), Vitamin B1: 0.04mg (2.4%), Folate: 8.74µg (2.19%), Zinc: 0.3mg (2.03%), Magnesium: 6.93mg (1.73%)