



Cheesy courgette pizza

READY IN



60 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 zucchini
- ☐ 1 uncook pizza crust
- ☐ 6 tbsp pasta sauce
- ☐ 4 servings cheddar cheese for grating
- ☐ 1 ball mozzarella cheese

Equipment

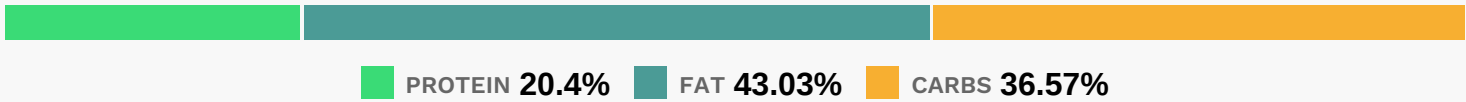
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ grater

Directions

- ☐ Ask your helper to turn the oven to 200C/180C fan/ gas
 - ☐ Cut the courgette into chunks then thin slices using a rotary grater or small knife.
 - ☐ Tip the pizza base mix into a bowl and add the amount of water it says on the packet.
 - ☐ Mix with a spoon.
 - ☐ Tip the dough onto a floured surface and knead until smooth.
 - ☐ Roll the dough out to make 1 big pizza. Stretch it as you roll to help make it bigger. Lift the dough onto a baking sheet and spread it out flat.
 - ☐ Spoon the pasta sauce into the middle and spread it around. Arrange the courgettes on top.
 - ☐ Grate some cheddar and sprinkle on top. Pull the mozzarella into pieces and dot over the top.
- Ask your grown-up helper to put the pizza in the oven for 25 mins.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.07, Inflammation Score:-6, Nutrition Score:13.392608632212%

Flavonoids

Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 575.62kcal (28.78%), Fat: 27.55g (42.38%), Saturated Fat: 15.49g (96.8%), Carbohydrates: 52.68g (17.56%), Net Carbohydrates: 50.36g (18.31%), Sugar: 4.2g (4.67%), Cholesterol: 74.64mg (24.88%), Sodium: 1186.02mg (51.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.76%), Calcium: 598.41mg (59.84%), Phosphorus: 362.11mg (36.21%), Vitamin B12: 1.61µg (26.77%), Selenium: 18.33µg (26.18%), Vitamin B2: 0.35mg (20.76%), Zinc: 2.96mg (19.71%), Iron: 3.39mg (18.82%), Vitamin A: 877.97IU (17.56%), Vitamin C: 10.35mg (12.54%), Fiber: 2.32g (9.29%), Magnesium: 31.59mg (7.9%), Potassium: 260.76mg (7.45%), Vitamin B6: 0.14mg (7.18%), Manganese: 0.13mg (6.54%), Folate: 24.04µg (6.01%), Vitamin E: 0.72mg (4.77%), Vitamin K: 4.76µg (4.53%), Vitamin B5: 0.37mg (3.73%), Vitamin B1: 0.05mg (3.54%), Copper: 0.07mg (3.4%), Vitamin D: 0.41µg

(2.71%), Vitamin B3: 0.52mg (2.59%)