



Four Seasons Veggie Pizza

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup artichoke hearts jarred drained sliced
- 0.5 cup mushrooms jarred drained sliced
- 0.5 cup sun-dried olives drained sliced
- 0.5 cup parmesan grated
- 1 pound pizza dough frozen thawed
- 0.8 cup roasted peppers red jarred drained sliced
- 8 oz mozzarella cheese shredded

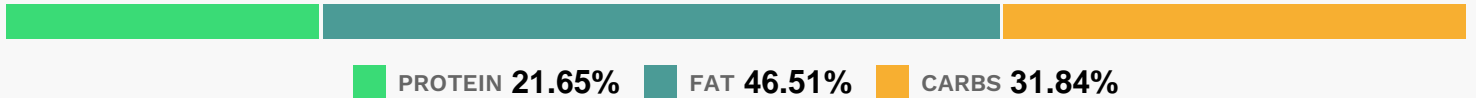
Equipment

- baking sheet
- oven
- wire rack
- spatula

Directions

- Preheat oven to 475F.
- Brush bottom of a large rimmed baking sheet with olive oil. Press and stretch pizza dough evenly to make a large round. (If dough resists at first, let it rest a minute and then continue.)
- Sprinkle with mozzarella and half of Parmesan, leaving a 1/2-inch plain border.
- Arrange artichoke hearts, mushrooms, sun-dried tomatoes and peppers as desired on pizza.
- Sprinkle with remaining Parmesan.
- Bake pizza until underside of dough is golden (lift pizza carefully with a spatula to take a peek) and cheese is bubbling, 15 to 20 minutes.
- Let stand for 5 minutes on a wire rack before slicing and serving. Offer garlic powder or crushed red pepper on the side.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:25.118260818979%

Nutrients (% of daily need)

Calories: 583.34kcal (29.17%), Fat: 30.37g (46.72%), Saturated Fat: 14.43g (90.19%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 40.8g (14.84%), Sugar: 10.87g (12.08%), Cholesterol: 69.17mg (23.06%), Sodium: 1763.75mg (76.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Calcium: 665.35mg (66.53%), Phosphorus: 557.52mg (55.75%), Selenium: 38.47µg (54.95%), Vitamin B12: 2.33µg (38.79%), Vitamin B2: 0.57mg (33.75%), Manganese: 0.66mg (33.1%), Copper: 0.54mg (27.14%), Zinc: 3.96mg (26.38%), Iron: 4.54mg (25.22%), Fiber: 5.99g (23.95%), Vitamin B1: 0.36mg (23.79%), Vitamin C: 18.96mg (22.98%), Vitamin A: 1125.41IU (22.51%), Potassium: 762.06mg (21.77%), Vitamin B3: 4.28mg (21.41%), Magnesium: 75.41mg (18.85%), Folate: 63.83µg (15.96%), Vitamin K: 14.91µg (14.2%), Vitamin B6: 0.23mg (11.54%), Vitamin E: 1.28mg (8.56%), Vitamin B5: 0.84mg (8.4%), Vitamin D: 0.33µg (2.19%)