



WHATSheATE



Four Seasons Veggie Pizza



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



614 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 oil-packed sun-dried tomatoes drained sliced



1 tablespoon olive oil



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

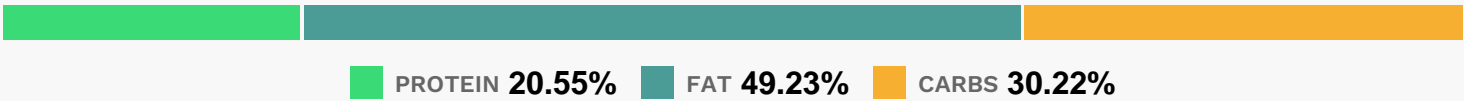
Equipment

- ☐ 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 for 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 flakes on the side.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:2.24, Inflammation Score:-8, Nutrition Score:25.35695654413%

Nutrients (% of daily need)

Calories: 614.28kcal (30.71%), Fat: 33.87g (52.11%), Saturated Fat: 14.91g (93.21%), Carbohydrates: 46.79g (15.6%), Net Carbohydrates: 40.8g (14.84%), Sugar: 10.87g (12.08%), Cholesterol: 69.17mg (23.06%), Sodium: 1763.82mg (76.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Calcium: 665.38mg (66.54%), 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: 4.56mg (25.33%),

Fiber: 5.99g (23.95%), Vitamin B1: 0.36mg (23.79%), Vitamin C: 18.96mg (22.98%), Vitamin A: 1125.41IU (22.51%), Potassium: 762.1mg (21.77%), Vitamin B3: 4.28mg (21.41%), Magnesium: 75.41mg (18.85%), Vitamin K: 17.02µg (16.21%), Folate: 63.83µg (15.96%), Vitamin E: 1.79mg (11.92%), Vitamin B6: 0.23mg (11.54%), Vitamin B5: 0.84mg (8.4%), Vitamin D: 0.33µg (2.19%)