

Frying pan pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bell pepper yellow deseeded cut into chunks
- ☐ 1 zucchini sliced
- ☐ 1 onion red cut into wedges
- ☐ 225 g self raising flour
- ☐ 2 tbsp olive oil
- ☐ 5 tbsp pasta sauce fresh
- ☐ 50 g cheddar cheese grated

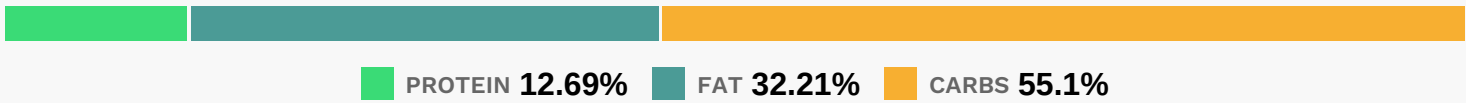
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Place the pepper, courgette and red onion on a large non-stick baking tray and drizzle with 1 tsp olive oil. Season well and toss to combine. Roast in the oven for 20 mins until soft and beginning to brown. Set aside.
- ☐ Heat the grill to medium. Season the flour well and, in a large bowl, mix with the remaining oil and 4-5 tbsp water to form a soft dough. Knead briefly, then roll out on a floured surface to a rough 20cm circle.
- ☐ Transfer the dough to a large ovenproof, non-stick frying pan and fry over a medium heat for 5 mins, until the underside begins to brown. Turn over and cook for a further 5 mins.
- ☐ Spread the tomato sauce over the base, scatter with the roasted veg, then sprinkle with cheddar. Grill the pizza for 3-4 mins until cheese has melted.
- ☐ Serve immediately, sliced into wedges, with a large green salad.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:27.56, Inflammation Score:-6, Nutrition Score:13.44826099147%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 347.8kcal (17.39%), Fat: 12.49g (19.21%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 45.21g (16.44%), Sugar: 3.27g (3.64%), Cholesterol: 12.5mg (4.17%), Sodium: 177.51mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.14%), Vitamin C: 66.71mg (80.86%), Selenium: 26.31µg (37.58%), Manganese: 0.62mg (31.19%), Phosphorus: 150.61mg (15.06%), Folate: 47.6µg (11.9%), Calcium: 116.94mg (11.69%), Fiber: 2.86g (11.43%), Vitamin E: 1.66mg (11.07%), Vitamin B6: 0.21mg (10.53%), Potassium: 352.74mg (10.08%), Copper: 0.2mg (9.83%), Vitamin B2: 0.16mg (9.53%), Magnesium: 35.39mg (8.85%), Zinc: 1.23mg (8.22%), Vitamin A: 365.61IU (7.31%), Vitamin K: 7.42µg (7.07%), Vitamin B1: 0.1mg (6.41%), Vitamin B3: 1.27mg (6.36%), Iron: 1.12mg (6.23%), Vitamin B5: 0.54mg (5.4%), Vitamin B12: 0.13µg (2.21%)