



Garden Eggplant Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 large eggplant peeled
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 tablespoons olive oil divided
- ☐ 1 onion
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 16 ounce prebaked pizza crust italian

- ☐ 1 bell pepper red
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 1 medium tomatoes
- ☐ 1 small zucchini

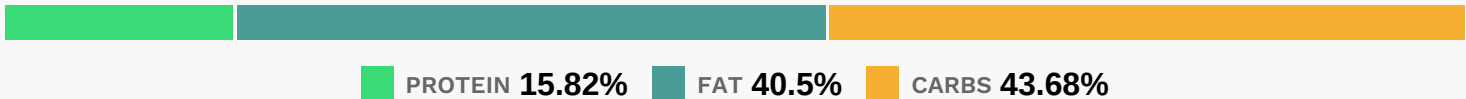
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Chop eggplant and next 4 ingredients coarsely; saut in 1 tablespoon oil in a large skillet over medium-high heat 10 minutes or until tender.
- ☐ Layer pizza crust evenly with cheese and eggplant mixture; sprinkle with basil and next 5 ingredients.
- ☐ Drizzle with remaining 2 tablespoons oil.
- ☐ Bake at 425 for 10 minutes or until golden.
- ☐ Note: For testing purposes only, we used a Boboli pizza crust.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:1.8, Inflammation Score:-8, Nutrition Score:12.730434676875%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 421.55kcal (21.08%), Fat: 19.22g (29.57%), Saturated Fat: 7.73g (48.31%), Carbohydrates: 46.64g (15.55%), Net Carbohydrates: 41.87g (15.22%), Sugar: 6.88g (7.64%), Cholesterol: 29.86mg (9.95%), Sodium: 837.73mg (36.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.78%), Vitamin C: 34.8mg (42.18%), Calcium: 284.04mg (28.4%), Vitamin A: 1111.6IU (22.23%), Fiber: 4.77g (19.07%), Phosphorus: 176.29mg (17.63%), Manganese: 0.33mg (16.39%), Iron: 2.95mg (16.36%), Vitamin K: 15.3µg (14.57%), Vitamin B12: 0.86µg (14.36%), Vitamin E: 1.81mg (12.05%), Potassium: 379.74mg (10.85%), Vitamin B2: 0.18mg (10.7%), Vitamin B6: 0.21mg (10.6%), Folate: 40.8µg (10.2%), Selenium: 6.85µg (9.79%), Zinc: 1.43mg (9.5%), Magnesium: 29.72mg (7.43%), Copper: 0.1mg (5.22%), Vitamin B1: 0.08mg (5.21%), Vitamin B3: 0.98mg (4.89%), Vitamin B5: 0.42mg (4.16%), Vitamin D: 0.15µg (1.01%)