



Garden Vegetable Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 tablespoon basil leaves dried fresh chopped
- ☐ 1 teaspoon rosemary leaves or dried fresh chopped
- ☐ 1 teaspoon thyme leaves dried fresh
- ☐ 1 clove garlic minced pressed peeled
- ☐ 1 cup green onions thinly sliced
- ☐ 2 cups mushrooms thinly sliced
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup parmesan cheese grated

- ☐ 2 baked pizza crusts thin
- ☐ 1 cup bell peppers diced red
- ☐ 1.5 cups roma tomatoes thinly sliced
- ☐ 8 servings salt
- ☐ 1 tablespoon shallots minced
- ☐ 0.5 lb mozzarella cheese shredded
- ☐ 2 cups crookneck squash yellow thinly sliced

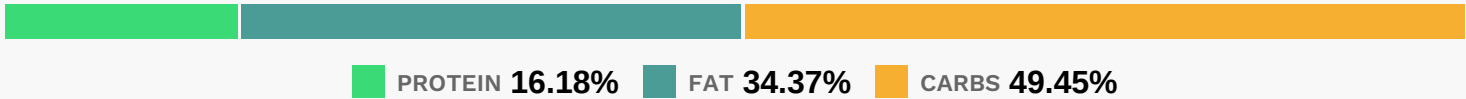
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In a bowl, mix vinegar, oil, garlic, shallots, basil, thyme, and rosemary.
- ☐ Set pizza crusts in 2 pizza pans (12 in. wide) or on 2 baking sheets (12 by 15 in.).
- ☐ Brush crusts equally with all but 2 tablespoons of the vinegar–oil mixture.
- ☐ Layer mushrooms, squash, tomatoes, peppers, and onions equally over crusts.
- ☐ Sprinkle lightly with salt, then equally with mozzarella and parmesan cheeses.
- ☐ Bake in a 425 regular or convection oven until cheese is lightly browned, 15 to 20 minutes.
- ☐ Drizzle with remaining vinegar–oil mixture.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:18.886956556984%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 470.08kcal (23.5%), Fat: 18.14g (27.91%), Saturated Fat: 7.73g (48.3%), Carbohydrates: 58.74g (19.58%), Net Carbohydrates: 54.78g (19.92%), Sugar: 5.42g (6.02%), Cholesterol: 27.83mg (9.28%), Sodium: 1014.57mg (44.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.43%), Vitamin A: 5059.55IU (101.19%), Vitamin C: 40.75mg (49.39%), Vitamin K: 43.18µg (41.13%), Calcium: 334.75mg (33.48%), Iron: 4.16mg (23.09%), Phosphorus: 195.85mg (19.59%), Fiber: 3.96g (15.83%), Vitamin B2: 0.25mg (14.55%), Selenium: 9.6µg (13.71%), Manganese: 0.27mg (13.48%), Vitamin E: 2.01mg (13.37%), Potassium: 437.48mg (12.5%), Vitamin B12: 0.74µg (12.34%), Vitamin B6: 0.21mg (10.41%), Folate: 41.22µg (10.31%), Zinc: 1.5mg (10%), Vitamin B3: 1.87mg (9.33%), Magnesium: 36.23mg (9.06%), Copper: 0.16mg (8.09%), Vitamin B5: 0.68mg (6.79%), Vitamin B1: 0.1mg (6.67%), Vitamin D: 0.19µg (1.28%)