

Gluten-Free Pizza



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black pitted halved
- ☐ 10 basil leaves fresh
- ☐ 13.2 oz bette hagan's pizza/french bread flour mix gluten-free
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 pinch pepper
- ☐ 2 small bell peppers green red seeded sliced
- ☐ 2 tablespoons onion diced red

- ☐ 0.1 teaspoon salt
- ☐ 8 ounces mozzarella cheese shredded
- ☐ 0.3 teaspoon sugar
- ☐ 1.5 cups tomato purée canned

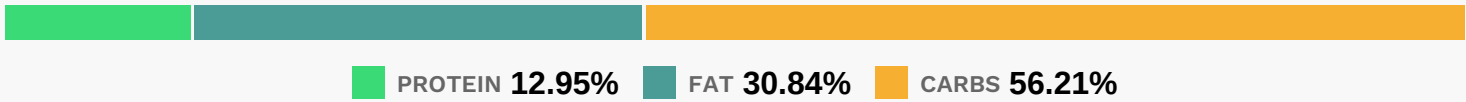
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425F; prepare dough as package label directs.
- ☐ Warm oil in a medium pan over medium-high heat.
- ☐ Add onion and salt; saut until onion has softened, about 3 minutes. Reduce heat to low; stir in tomato puree, sugar, oregano and pepper. Simmer for 10 minutes.
- ☐ Mist 2 pizza pans or round baking sheets with gluten-free cooking spray. Divide dough in half; spread on pans.
- ☐ Pour sauce over each, leaving 1/2-inch border.
- ☐ Sprinkle with mozzarella. Try arranging pepper slices in a pinwheel pattern.
- ☐ Place olive halves between pepper slices.
- ☐ Bake for 15 to 18 minutes (or as package label directs), until crust is light golden and cheese has melted. Allow to cool for 5 minutes. Top with basil leaves just before serving.

Nutrition Facts



Properties

Glycemic Index:69.77, Glycemic Load:2.59, Inflammation Score:-7, Nutrition Score:15.180434703827%

Flavonoids

Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg, Luteolin: 1.84mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 594.11kcal (29.71%), Fat: 20.73g (31.9%), Saturated Fat: 8.35g (52.17%), Carbohydrates: 85g (28.33%), Net Carbohydrates: 75.32g (27.39%), Sugar: 6.03g (6.7%), Cholesterol: 44.79mg (14.93%), Sodium: 1419.98mg (61.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.17%), Vitamin C: 38.65mg (46.85%), Fiber: 9.68g (38.73%), Calcium: 336.77mg (33.68%), Phosphorus: 240.25mg (24.02%), Vitamin B12: 1.29µg (21.55%), Vitamin E: 2.58mg (17.21%), Vitamin A: 838.86IU (16.78%), Vitamin K: 16.96µg (16.15%), Selenium: 10.38µg (14.82%), Zinc: 1.98mg (13.2%), Manganese: 0.26mg (13.1%), Vitamin B2: 0.22mg (13.1%), Vitamin B6: 0.26mg (12.77%), Potassium: 394.61mg (11.27%), Copper: 0.22mg (11.24%), Iron: 1.79mg (9.97%), Magnesium: 36.91mg (9.23%), Vitamin B1: 0.11mg (7.52%), Vitamin B3: 1.41mg (7.06%), Folate: 22.2µg (5.55%), Vitamin B5: 0.38mg (3.84%), Vitamin D: 0.23µg (1.51%)