



Healthified Homemade Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby spinach fresh coarsely chopped
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 cup bell pepper green yellow
- ☐ 14.5 oz canned tomatoes diced organic drained muir glen® canned
- ☐ 0.5 cup skim milk fat-free (skim)
- ☐ 1.3 cups flour all-purpose gold medal®
- ☐ 0.3 teaspoon garlic powder
- ☐ 6 oz mozzarella cheese shredded reduced-fat
- ☐ 2 tablespoons olive oil

- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons parmesan shredded
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt

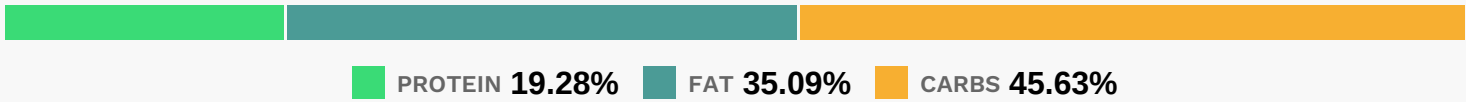
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. In medium bowl, mix flour, baking powder and salt. Stir in milk and oil until soft dough forms. (If dough is dry, stir in 1 to 2 tablespoons additional milk.) On lightly floured surface, knead dough 10 times. Shape dough into ball. Cover with bowl; let stand 10 minutes.
- ☐ Place dough on ungreased cookie sheet; flatten slightly.
- ☐ Roll out to 12-inch round.
- ☐ Bake 8 minutes.
- ☐ Sprinkle mozzarella cheese over crust; top with remaining topping ingredients.
- ☐ Bake 15 to 20 minutes or until crust is light golden brown and cheese begins to brown.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:43.66, Glycemic Load:13.02, Inflammation Score:-6, Nutrition Score:11.520869509034%

Flavonoids

Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 192.74kcal (9.64%), Fat: 7.62g (11.72%), Saturated Fat: 2.91g (18.21%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 20.31g (7.39%), Sugar: 3.81g (4.23%), Cholesterol: 14.92mg (4.97%), Sodium: 428.17mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Calcium: 258.17mg (25.82%), Vitamin C: 20.76mg (25.16%), Vitamin K: 25.19µg (23.99%), Phosphorus: 179.49mg (17.95%), Selenium: 11.09µg (15.84%), Vitamin B1: 0.23mg (15.27%), Manganese: 0.3mg (15.19%), Folate: 56.45µg (14.11%), Vitamin B2: 0.23mg (13.59%), Vitamin A: 675.53IU (13.51%), Iron: 1.96mg (10.91%), Vitamin B3: 2.02mg (10.11%), Vitamin E: 1.35mg (8.99%), Vitamin B6: 0.16mg (8.12%), Fiber: 1.98g (7.93%), Potassium: 273.43mg (7.81%), Copper: 0.15mg (7.43%), Magnesium: 27.4mg (6.85%), Zinc: 1.02mg (6.83%), Vitamin B12: 0.28µg (4.64%), Vitamin B5: 0.33mg (3.34%), Vitamin D: 0.24µg (1.59%)