



Make-Your-Own Flatbread Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 flatbreads
- 1 cups tomato sauce organic (from 15-oz can)
- 1 serving bell pepper assorted sliced (such as mushrooms, pepperoni, bell peppers, olives)
- 12 oz mozzarella cheese shredded

Equipment

- baking sheet
- oven

Directions

- Heat oven to 425°F.
- Place flatbreads on cookie sheets.
- Spread evenly with pizza sauce.
- Sprinkle with desired toppings. Top each with 1/2 cup cheese.
- Bake 6 to 7 minutes or until cheese is melted and bubbly. Cool slightly before slicing and serving.

Nutrition Facts

PROTEIN 23.1% **FAT 41.08%** **CARBS 35.82%**

Properties

Glycemic Index:17.33, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:14.597825910734%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 287.93kcal (14.4%), Fat: 13.52g (20.79%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 23.21g (8.44%), Sugar: 3.71g (4.12%), Cholesterol: 44.79mg (14.93%), Sodium: 717.95mg (31.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.21%), Selenium: 27.5µg (39.28%), Manganese: 0.77mg (38.53%), Calcium: 298.92mg (29.89%), Phosphorus: 286.97mg (28.7%), Vitamin C: 18.75mg (22.73%), Vitamin B12: 1.29µg (21.55%), Vitamin A: 948.86IU (18.98%), Zinc: 2.38mg (15.9%), Vitamin B2: 0.23mg (13.5%), Fiber: 3.31g (13.25%), Magnesium: 46.55mg (11.64%), Vitamin B1: 0.17mg (11.27%), Iron: 1.92mg (10.66%), Vitamin B6: 0.2mg (10.16%), Vitamin B3: 1.72mg (8.61%), Copper: 0.17mg (8.57%), Vitamin E: 1.14mg (7.57%), Potassium: 258.57mg (7.39%), Folate: 27.36µg (6.84%), Vitamin B5: 0.58mg (5.78%), Vitamin K: 3.62µg (3.44%), Vitamin D: 0.23µg (1.51%)