



Make-Your-Own Flatbread Pizza

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

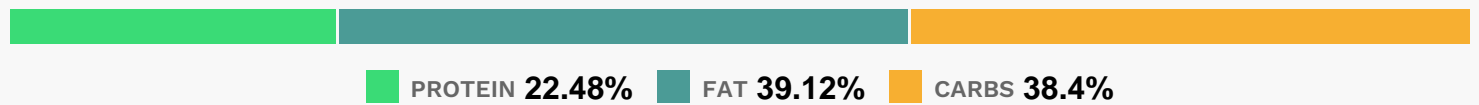
Equipment

- baking sheet
- oven

Directions

- Heat oven to 425F.
- 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



Properties

Glycemic Index:17.33, Glycemic Load:1.97, Inflammation Score:-9, Nutrition Score:22.057391114857%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 304.07kcal (15.2%), Fat: 13.7g (21.08%), Saturated Fat: 7.6g (47.51%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 25.65g (9.33%), Sugar: 6.31g (7.02%), Cholesterol: 44.79mg (14.93%), Sodium: 720.43mg (31.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Vitamin C: 98.22mg (119.05%), Vitamin A: 2892.69IU (57.85%), Manganese: 0.84mg (42.01%), Selenium: 27.56µg (39.37%), Calcium: 303.26mg (30.33%), Phosphorus: 303.11mg (30.31%), Vitamin B12: 1.29µg (21.55%), Vitamin B6: 0.38mg (19.19%), Fiber: 4.62g (18.47%), Zinc: 2.54mg (16.93%), Vitamin B2: 0.28mg (16.61%), Vitamin E: 2.12mg (14.11%), Folate: 55.91µg (13.98%), Vitamin B1: 0.2mg (13.51%), Magnesium: 54mg (13.5%), Iron: 2.19mg (12.14%), Vitamin B3: 2.33mg (11.64%), Potassium: 389.56mg (11.13%), Copper: 0.18mg (9.09%), Vitamin B5: 0.77mg (7.75%), Vitamin K: 6.66µg (6.34%), Vitamin D: 0.23µg (1.51%)