



Mediterranean Vegetable Pizza



Vegetarian



Vegan



Dairy Free

READY IN



7 min.

SERVINGS



1

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup prepackaged baby spinach
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 1 piece basic bread pizzas french prepared
- ☐ 1 mushroom thinly sliced
- ☐ 2 tablespoons commercial caponata (such as Alessi)
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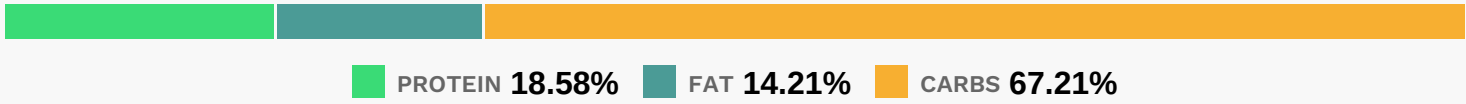
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Sprinkle all ingredients on 1 piece prepared pizza. Top with 1/4 cup cheese, and bake at 450 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:152.67, Glycemic Load:7.48, Inflammation Score:-8, Nutrition Score:10.956956579633%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 86.43kcal (4.32%), Fat: 1.4g (2.16%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.23g (4.81%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 145.5mg (6.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 73.84µg (70.33%), Vitamin A: 1407.22IU (28.14%), Manganese: 0.5mg (24.93%), Selenium: 10.25µg (14.65%), Folate: 56.34µg (14.08%), Vitamin B3: 2.4mg (12.02%), Vitamin B2: 0.18mg (10.63%), Vitamin B1: 0.15mg (9.7%), Iron: 1.54mg (8.53%), Fiber: 1.68g (6.71%), Copper: 0.13mg (6.41%), Magnesium: 25.44mg (6.36%), Phosphorus: 62.58mg (6.26%), Vitamin C: 5.08mg (6.16%), Potassium: 191.79mg (5.48%), Vitamin B5: 0.55mg (5.46%), Calcium: 52.71mg (5.27%), Vitamin B6: 0.1mg (4.83%), Zinc: 0.49mg (3.26%), Vitamin E: 0.36mg (2.4%)