



Mixed Pepper Pizza with Basil and Pine Nuts

READY IN



45 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon capers drained
- ☐ 1 tablespoon cornmeal
- ☐ 3 ounces feta cheese crumbled reduced-fat
- ☐ 0.5 cup basil fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 2 teaspoons olive oil
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 tablespoons pinenuts toasted

- ☐ 1 pizza dough
- ☐ 1 bell pepper red cut into 1/4-inch strips
- ☐ 0.5 teaspoon salt
- ☐ 2 cups vidalia sweet vertically sliced
- ☐ 0.3 cup water
- ☐ 1 bell pepper yellow cut into 1/4-inch strips

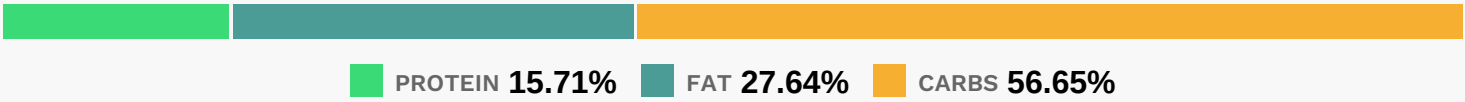
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 50
- ☐ Roll prepared pizza dough into a 12-inch circle on a floured surface.
- ☐ Place dough on a 12-inch pizza pan or baking sheet coated with cooking spray and sprinkled with 1 tablespoon cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add onion, salt, and black pepper; saut 3 minutes or until tender.
- ☐ Add garlic; cook 1 minute. Reduce heat to low.
- ☐ Add bell peppers; cook 10 minutes, stirring occasionally. Stir in water; cook 10 minutes or until peppers are soft and water has almost evaporated.
- ☐ Remove from heat; stir in capers.
- ☐ Spread the pepper mixture evenly over pizza crust; sprinkle with feta.
- ☐ Bake at 500 for 15 minutes or until crust is golden.
- ☐ Remove pizza from oven; sprinkle with basil and pine nuts; top with Parmesan.
- ☐ Bake an additional 3 minutes or until Parmesan melts.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:1.18, Inflammation Score:-7, Nutrition Score:10.061738940685%

Flavonoids

Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 280.62kcal (14.03%), Fat: 8.9g (13.7%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 41.04g (13.68%), Net Carbohydrates: 38.58g (14.03%), Sugar: 8.27g (9.19%), Cholesterol: 10.81mg (3.6%), Sodium: 910.58mg (39.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.39g (22.77%), Vitamin C: 65.25mg (79.09%), Manganese: 0.45mg (22.56%), Vitamin A: 806.98IU (16.14%), Iron: 2.48mg (13.76%), Vitamin K: 12.6µg (12%), Vitamin B6: 0.2mg (9.99%), Fiber: 2.46g (9.84%), Phosphorus: 83.7mg (8.37%), Calcium: 78.4mg (7.84%), Folate: 30.3µg (7.58%), Copper: 0.12mg (6.2%), Magnesium: 24.13mg (6.03%), Vitamin E: 0.87mg (5.82%), Potassium: 190.58mg (5.45%), Vitamin B1: 0.06mg (4.07%), Zinc: 0.59mg (3.93%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.68mg (3.4%), Selenium: 1.77µg (2.53%), Vitamin B5: 0.2mg (2.05%)