



## Niçoise French Bread Pizza

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 roma tomatoes cut into 1/4-inch slices (plum)
- 1 medium bell pepper green cut into 1/4-inch rings
- 1 large onion thinly sliced
- 0.5 cup salad dressing italian
- 0.5 loaf bread french (1-pound size)
- 2 hardboiled eggs sliced
- 0.3 cup olives ripe sliced
- 4 ounces mozzarella cheese shredded finely

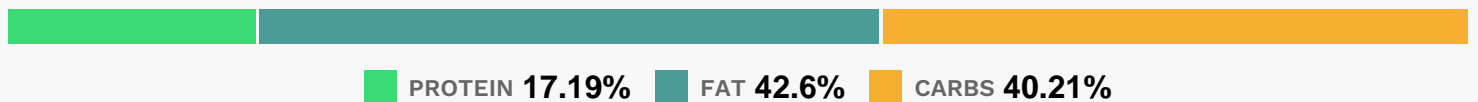
## Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 450°. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil.
- Spread tomatoes, bell pepper and onion on foil.
- Brush both sides of vegetables with about half of the dressing.
- Bake uncovered 12 to 15 minutes or until onion is crisp-tender.
- Reduce oven temperature to 375°.
- Remove vegetables and foil from pan.
- Place bread halves, cut sides up, in pan.
- Brush with remaining dressing. Top evenly with roasted vegetables, eggs, olives and cheese.
- Bake 8 to 10 minutes or until cheese is melted.
- Cut into 2-inch slices.

## Nutrition Facts



## Properties

Glycemic Index:45.63, Glycemic Load:21.67, Inflammation Score:-8, Nutrition Score:17.857826004858%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

## Nutrients (% of daily need)

Calories: 374.64kcal (18.73%), Fat: 17.9g (27.54%), Saturated Fat: 5.9g (36.86%), Carbohydrates: 38.02g (12.67%), Net Carbohydrates: 34.76g (12.64%), Sugar: 10.03g (11.15%), Cholesterol: 115.65mg (38.55%), Sodium: 938.56mg (40.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.25g (32.5%), Vitamin C: 35.31mg (42.79%), Selenium: 27.67µg (39.53%), Vitamin B1: 0.44mg (29.65%), Vitamin B2: 0.45mg (26.64%), Vitamin K: 24.89µg (23.71%), Folate: 94.14µg (23.53%), Phosphorus: 232.31mg (23.23%), Manganese: 0.44mg (22.07%), Calcium: 207.67mg (20.77%), Vitamin A: 992.66IU (19.85%), Iron: 2.84mg (15.79%), Vitamin B12: 0.92µg (15.4%), Vitamin B3: 3.07mg (15.34%), Vitamin B6: 0.28mg (13.84%), Fiber: 3.27g (13.06%), Zinc: 1.84mg (12.28%), Vitamin E: 1.83mg (12.22%), Potassium: 393.52mg (11.24%), Magnesium: 40.11mg (10.03%), Copper: 0.17mg (8.45%), Vitamin B5: 0.69mg (6.89%), Vitamin D: 0.66µg (4.42%)