

Our Favorite Veggie Pizza

READY IN



22 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup mushrooms fresh sliced
- 1 bell pepper green cut into strips
- 1 Tbsp olive oil
- 0.5 cup onions thinly sliced
- 1 ready-to-use baked pizza crust
- 0.5 cup classico pizza sauce traditional
- 1.5 cups mozzarella cheese shredded with a touch of philadelphia kraft

Equipment

oven

Directions

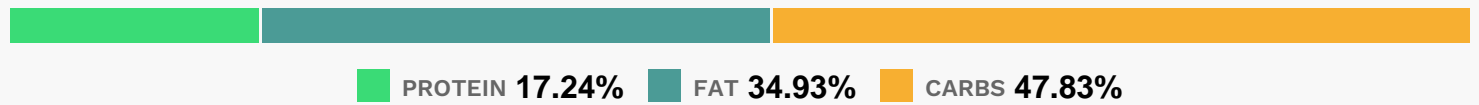
Heat oven to 400F.

Cook vegetables in hot oil on medium-high heat 5 min. or until crisp-tender, stirring frequently.

Spread crust with sauce; top with vegetables and cheese.

Bake 12 min. or until cheese is melted and lightly browned

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.91, Inflammation Score:-4, Nutrition Score:6.7956520940946%

Flavonoids

Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 300.58kcal (15.03%), Fat: 11.72g (18.04%), Saturated Fat: 5.53g (34.58%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 34.17g (12.43%), Sugar: 3.21g (3.57%), Cholesterol: 22.12mg (7.37%), Sodium: 623.91mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.03%), Vitamin C: 18.53mg (22.46%), Calcium: 209.57mg (20.96%), Iron: 2.26mg (12.57%), Phosphorus: 119.35mg (11.93%), Vitamin B12: 0.64µg (10.69%), Selenium: 5.69µg (8.13%), Vitamin B2: 0.13mg (7.87%), Fiber: 1.95g (7.79%), Vitamin A: 351.33IU (7.03%), Zinc: 0.95mg (6.35%), Vitamin E: 0.76mg (5.07%), Vitamin B6: 0.1mg (4.96%), Potassium: 161.56mg (4.62%), Vitamin K: 4.14µg (3.94%), Manganese: 0.08mg (3.77%), Copper: 0.07mg (3.51%), Magnesium: 12.7mg (3.17%), Vitamin B3: 0.63mg (3.15%), Vitamin B5: 0.26mg (2.58%), Vitamin B1: 0.04mg (2.48%), Folate: 9.67µg (2.42%)