



Pepper, Onion & Feta Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup herbed feta cheese crumbled
- 3 cloves garlic crushed
- 1 teaspoon herbs dried italian
- 2 tablespoons olive oil extra-virgin
- 3 cups and/or orange bell peppers green red yellow chopped (any combination)
- 12 inch pizza crust such as boboli homemade prepared thin
- 0.3 teaspoon pepper flakes red crushed to taste
- 0.3 teaspoon salt
- 1 cup onion red yellow separated sliced

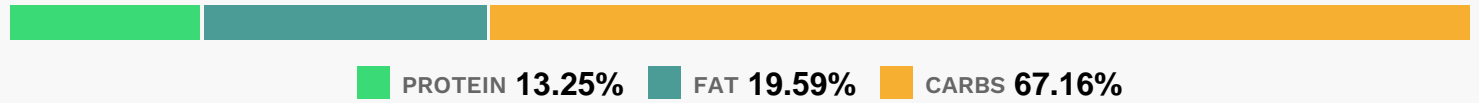
Equipment

- bowl
- baking sheet
- oven
- pizza pan

Directions

- Preheat oven to 450 degrees.
- Place crust on pizza pan or cookie sheet. In a bowl, combine remaining ingredients except cheese. Spoon mixture over crust. Top with cheese.
- Bake at 450 degrees for 10–12 minutes, or until vegetables are crispy–tender.
- Remove from oven and serve.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:1.83, Inflammation Score:-9, Nutrition Score:18.918261097825%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1357.03kcal (67.85%), Fat: 29.5g (45.39%), Saturated Fat: 13.46g (84.14%), Carbohydrates: 227.61g (75.87%), Net Carbohydrates: 218.56g (79.48%), Sugar: 11.12g (12.35%), Cholesterol: 16.69mg (5.56%), Sodium: 2713.45mg (117.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.92g (89.83%), Vitamin C: 97.81mg (118.56%), Iron: 12.98mg (72.12%), Calcium: 523.07mg (52.31%), Vitamin A: 2442.77IU (48.86%), Fiber: 9.05g (36.18%), Vitamin B6: 0.35mg (17.61%), Vitamin B2: 0.23mg (13.7%), Vitamin E: 1.98mg (13.21%), Folate: 46.19µg (11.55%), Phosphorus: 93.33mg (9.33%), Vitamin K: 9.09µg (8.66%), Manganese: 0.17mg (8.32%), Potassium:

219.66mg (6.28%), Vitamin B1: 0.09mg (5.68%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.32µg (5.28%), Vitamin B3: 0.98mg (4.91%), Selenium: 3.27µg (4.67%), Vitamin B5: 0.46mg (4.63%), Magnesium: 16.57mg (4.14%), Copper: 0.04mg (1.83%)