



Peppers-and-Cheese Pizza

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large pepperoncini peppers diced
- ☐ 4 ounces cream cheese softened
- ☐ 1 tablespoon basil dried
- ☐ 1 tablespoon sage dried
- ☐ 2 ounces feta cheese crumbled
- ☐ 3 garlic cloves minced
- ☐ 1 medium size bell pepper diced green
- ☐ 0.3 cup olive oil divided
- ☐ 1 medium onion diced

- ☐ 1 tablespoon oregano dried
- ☐ 0.5 cup parmesan cheese shredded
- ☐ 24 ounce pizza crusts refrigerated
- ☐ 0.3 teaspoon salt

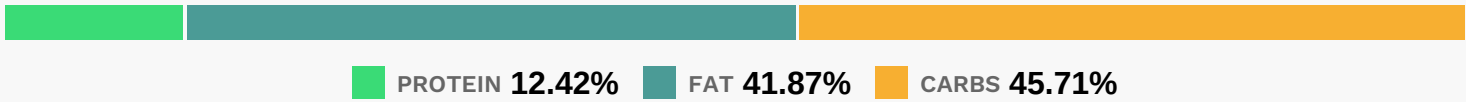
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Saut diced onion, diced peppers, and minced garlic in 2 tablespoons olive oil in a large skillet over medium-high heat 5 minutes or until tender.
- ☐ Remove onion mixture from heat, and set aside.
- ☐ Stir together cream cheese, next 5 ingredients, and remaining 2 tablespoons olive oil until blended.
- ☐ Place crust on a lightly greased baking sheet.
- ☐ Spread with cream cheese mixture; sprinkle with onion mixture and Parmesan cheese.
- ☐ Bake at 400 for 15 to 18 minutes or until cheese is melted.
- ☐ Note: For testing purposes only, we used Mama Mary's Gourmet Pizza Crusts.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:10.816956499349%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 534.4kcal (26.72%), Fat: 25.06g (38.55%), Saturated Fat: 10.34g (64.6%), Carbohydrates: 61.55g (20.52%), Net Carbohydrates: 57.99g (21.09%), Sugar: 4.05g (4.5%), Cholesterol: 33.17mg (11.06%), Sodium: 1002.96mg (43.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin C: 28.24mg (34.23%), Calcium: 311.23mg (31.12%), Vitamin K: 31.21µg (29.72%), Iron: 4.47mg (24.86%), Fiber: 3.56g (14.23%), Phosphorus: 128.84mg (12.88%), Vitamin E: 1.91mg (12.71%), Vitamin B2: 0.18mg (10.78%), Vitamin B6: 0.21mg (10.72%), Manganese: 0.21mg (10.47%), Vitamin A: 513.97IU (10.28%), Selenium: 5.33µg (7.61%), Magnesium: 21.9mg (5.47%), Zinc: 0.79mg (5.25%), Vitamin B12: 0.3µg (5.02%), Folate: 19.4µg (4.85%), Potassium: 169.67mg (4.85%), Vitamin B1: 0.06mg (3.97%), Copper: 0.07mg (3.37%), Vitamin B5: 0.33mg (3.34%), Vitamin B3: 0.51mg (2.53%)