



Personal-Deduction Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bell pepper strips green
- ☐ 2 ounces button mushrooms thinly sliced
- ☐ 0.7 cup tomatoes canned crushed
- ☐ 4 ounces mozzarella cheese fresh thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 4 ounce portobello mushroom cap thinly sliced

☐ 2 tablespoons water

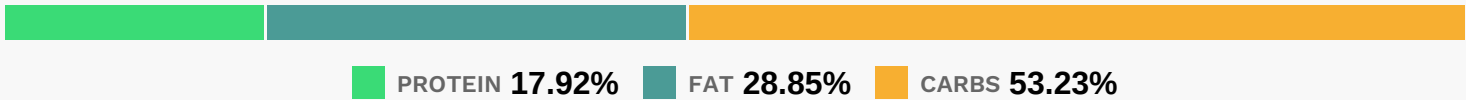
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Unroll pizza dough onto a large baking sheet coated with cooking spray; fold under edges of dough to form an 11-inch circle.
- ☐ Bake at 425 for 7 minutes; set aside.
- ☐ Increase oven temperature to 47
- ☐ Heat olive oil in a medium nonstick skillet over medium-high heat.
- ☐ Add bell pepper, and saut 1 minute.
- ☐ Add 2 tablespoons water; cover, reduce heat to low, and cook 10 minutes or until bell pepper is soft.
- ☐ Spread tomatoes over dough, leaving a 1/2-inch border around outer edge, and top with bell pepper and mushrooms.
- ☐ Sprinkle with dried oregano and kosher salt.
- ☐ Bake pizza at 475 for 12 minutes. Top with cheese, and bake pizza an additional 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.81, Inflammation Score:-5, Nutrition Score:7.4095652414405%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 199.52kcal (9.98%), Fat: 6.59g (10.13%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 25.21g (9.17%), Sugar: 5.58g (6.2%), Cholesterol: 14.93mg (4.98%), Sodium: 595.77mg (25.9%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.2g (18.41%), Vitamin C: 22.65mg (27.45%), Calcium: 113.46mg (11.35%), Iron: 2.03mg (11.26%), Selenium: 7.78µg (11.12%), Phosphorus: 109.51mg (10.95%), Fiber: 2.12g (8.49%), Vitamin B3: 1.67mg (8.37%), Vitamin B2: 0.14mg (8.16%), Copper: 0.15mg (7.74%), Vitamin B12: 0.44µg (7.4%), Vitamin B6: 0.14mg (7.21%), Potassium: 239.68mg (6.85%), Manganese: 0.12mg (5.98%), Vitamin K: 6.17µg (5.88%), Vitamin A: 283.13IU (5.66%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.63mg (4.17%), Vitamin B1: 0.06mg (3.96%), Folate: 14.99µg (3.75%), Magnesium: 13.44mg (3.36%), Vitamin D: 0.15µg (1.01%)