



Pesto, Bean, And Vegetable Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup artichoke hearts canned drained coarsely chopped
- 1 cup bell pepper strips red
- 1 cup .5 can cannellini beans undrained
- 1 cup mushrooms fresh sliced
- 1 garlic clove peeled
- 3 tablespoons olives ripe sliced
- 1 cup onion thinly sliced
- 1 ounce parmesan cheese freshly grated

- 4 ounces part-skim mozzarella cheese shredded
- 3 tablespoons pesto
- 16 ounce pizza crust italian cheese flavored

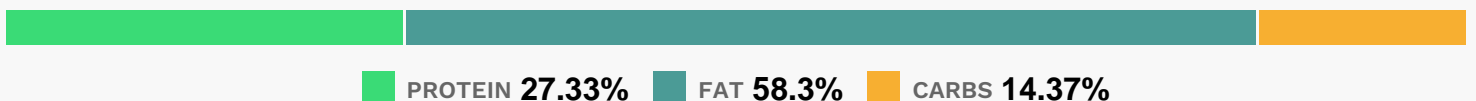
Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- colander

Directions

- Preheat oven to 425
- Drain beans in a colander over a bowl, reserving 2 tablespoons liquid.
- Place beans, reserved bean liquid, pesto, and garlic in a food processor; process until smooth. Set aside.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add onion, mushrooms, and bell pepper; cook, stirring constantly, 5 minutes.
- Place pizza crust on a baking sheet; spread bean mixture over crust, leaving a 1/2-inch border. Top with onion mixture, artichokes, and olives.
- Bake at 425 for 5 minutes.
- Sprinkle with cheeses; bake an additional 6 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:6.8460868985757%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 296.28kcal (14.81%), Fat: 20.08g (30.9%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 8.69g (3.16%), Sugar: 2.4g (2.67%), Cholesterol: 23.94mg (7.98%), Sodium: 488.58mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.18g (42.36%), Vitamin C: 25.69mg (31.14%), Calcium: 286.55mg (28.66%), Vitamin A: 807.61IU (16.15%), Phosphorus: 109.75mg (10.98%), Fiber: 2.46g (9.84%), Vitamin B2: 0.13mg (7.37%), Selenium: 4.6µg (6.57%), Vitamin B6: 0.11mg (5.45%), Zinc: 0.69mg (4.62%), Iron: 0.77mg (4.26%), Folate: 16µg (4%), Potassium: 127.85mg (3.65%), Vitamin B3: 0.67mg (3.33%), Manganese: 0.06mg (3.15%), Vitamin E: 0.45mg (3.01%), Copper: 0.06mg (2.94%), Vitamin B5: 0.29mg (2.89%), Vitamin B12: 0.17µg (2.81%), Magnesium: 10.24mg (2.56%), Vitamin B1: 0.03mg (2.26%), Vitamin K: 1.33µg (1.26%)