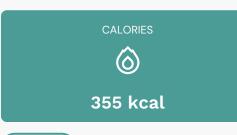


# Pizza pie

Vegetarian







LUNCH

MAIN COURSE

MAIN DISH

DINNER

### **Ingredients**

1 eggplant thinly sliced
2 tbsp olive oil
2 bell pepper red
450 g plum tomatoes fresh
1 pastry crust well (see 'Goes with' below)
225 g mozzarella cheese sliced
12 olives black pitted roughly chopped

2 tbsp oregano fresh chopped

	1 hondful booil fuseb shapes a	
닏	1 handful basil fresh chopped	
Ш	1 tbsp milk	
Equipment		
	baking sheet	
	oven	
	baking pan	
	ziploc bags	
Dii	rections	
	Heat oven to 200C/fan 180C/gas	
	Brush the slices of aubergine with the olive oil and place on a baking tray with the whole red peppers.	
	Bake for 15-20 mins until the aubergine slices are golden brown and tender and the peppers are charred and blistered.	
	Place the peppers in a plastic bag, seal and leave aside to cool.	
	When the peppers are cool, cut in half and remove the blackened skin and seeds.	
	Cut into thick strips. Halve the tomatoes, remove any seeds and juice, then pat dry on kitcher paper. Thinly slice.	
	Roll out half the pastry on a lightly floured surface, then use to line a 20cm pie plate. Arrange half the aubergine slices in the pastry case and top with half the peppers. Season between each layer. Arrange half the mozzarella cheese on top, then cover with half the tomato slices.	
	Sprinkle over half the black olives, oregano and basil. Repeat these layers, using the remaining ingredients.	
	Brush the pastry border with water.	
	Roll out remaining pastry and use to cover the pie, trimming the edges and pinching together to seal.	
	Brush with the milk, place on a baking sheet and bake for 25 mins until crisp and golden.	

## **Nutrition Facts**

#### **Properties**

Glycemic Index:46.33, Glycemic Load:11.3, Inflammation Score:-10, Nutrition Score:20.70000001037%

#### **Flavonoids**

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

### Nutrients (% of daily need)

Calories: 355.27kcal (17.76%), Fat: 17.66g (27.17%), Saturated Fat: 6.57g (41.09%), Carbohydrates: 37.01g (12.34%), Net Carbohydrates: 31.11g (11.31%), Sugar: 7.04g (7.82%), Cholesterol: 29.92mg (9.98%), Sodium: 596.08mg (25.92%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 13.79g (27.58%), Vitamin C: 62.83mg (76.15%), Vitamin A: 2219.19IU (44.38%), Manganese: 0.63mg (31.49%), Vitamin K: 27.26µg (25.96%), Selenium: 17.83µg (25.47%), Calcium: 246.2mg (24.62%), Folate: 94.84µg (23.71%), Fiber: 5.9g (23.59%), Vitamin B1: 0.35mg (23.43%), Phosphorus: 220.26mg (22.03%), Vitamin B2: 0.36mg (20.96%), Vitamin E: 2.65mg (17.7%), Vitamin B3: 3.39mg (16.96%), Iron: 2.92mg (16.21%), Potassium: 528.79mg (15.11%), Vitamin B6: 0.29mg (14.47%), Vitamin B1: 0.63mg (6.3%), Vitamin D: 0.18µg (1.18%)