



Pizza pie

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



355 kcal

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 handful basil fresh chopped
- ☐ 1 tbsp milk

Equipment

- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ 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 kitchen 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



 **PROTEIN 15.23%**  **FAT 43.89%**  **CARBS 40.88%**

Properties

Glycemic Index:46.33, Glycemic Load:11.3, Inflammation Score:-10, Nutrition Score:20.700000001037%

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 Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.56mg, 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 %: 0% (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 B12: 0.87µg (14.47%), Zinc: 1.74mg (11.57%), Magnesium: 44.17mg (11.04%), Copper: 0.19mg (9.3%), Vitamin B5: 0.63mg (6.3%), Vitamin D: 0.18µg (1.18%)