



HEALTH SCORE

57%

Pizza with Sweet Peppers and Mozzarella



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornmeal divided
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.8 cups flour all-purpose divided
- ☐ 1 tablespoon parsley fresh minced
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons olive oil

- ☐ 2 orange bell peppers peeled cut into strips
- ☐ 2 teaspoons oregano fresh minced
- ☐ 2 ounces parmesan cheese fresh divided finely grated
- ☐ 4 ounces part-skim mozzarella cheese shredded divided
- ☐ 2 bell peppers red peeled cut into strips
- ☐ 1 teaspoon salt
- ☐ 0.8 cup warm water 105° to 115°

Equipment

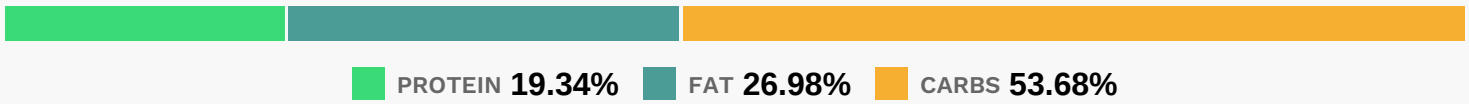
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 1/2 cups flour, 1 tablespoon cornmeal, oil, and salt to yeast mixture; stir well until smooth (dough will be sticky). Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk. Punch dough down; cover and let rest for 5 minutes.
- ☐ Roll dough into a 10 x 8-inch rectangle on a lightly floured surface.
- ☐ Place dough on a baking sheet coated with cooking spray and sprinkled with 1 tablespoon cornmeal. Cover and let rise 20 minutes or until puffy.
- ☐ Preheat oven to 47
- ☐ Sprinkle dough with 3/4 cup mozzarella and 1/4 cup Parmesan cheese, leaving a 1-inch margin around the edges.

- ☐
- Combine bell peppers and remaining ingredients; spoon evenly over cheese.
- ☐
- Sprinkle 1/4 cup mozzarella and 1/4 cup Parmesan cheese over the bell pepper mixture.
- ☐
- Bake at 475 for 18 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:22.86, Inflammation Score:-10, Nutrition Score:21.049999960091%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 278.11kcal (13.91%), Fat: 8.4g (12.92%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 33.91g (12.33%), Sugar: 3.84g (4.26%), Cholesterol: 18.52mg (6.17%), Sodium: 665.72mg (28.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.09%), Vitamin C: 103.08mg (124.94%), Vitamin A: 2765.73IU (55.31%), Folate: 136.71µg (34.18%), Vitamin B1: 0.48mg (32.04%), Calcium: 288.14mg (28.81%), Selenium: 17.93µg (25.61%), Phosphorus: 232.95mg (23.3%), Vitamin B2: 0.39mg (23.17%), Manganese: 0.44mg (21.89%), Vitamin K: 20.96µg (19.97%), Vitamin B3: 3.6mg (17.99%), Vitamin B6: 0.34mg (17.09%), Fiber: 3.68g (14.73%), Iron: 2.64mg (14.67%), Vitamin E: 1.81mg (12.1%), Zinc: 1.49mg (9.94%), Magnesium: 33.43mg (8.36%), Potassium: 276.31mg (7.89%), Vitamin B5: 0.67mg (6.68%), Copper: 0.1mg (5.24%), Vitamin B12: 0.27µg (4.49%)