



Portobello Mushroom, Fresh Peppers and Goat Cheese Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 cloves garlic minced
- ☐ 4 ounces goat cheese crumbled
- ☐ 6.5 ounce marinated artichoke hearts drained chopped
- ☐ 1 tablespoon olive oil
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 2 portabello mushrooms thinly sliced
- ☐ 1 bell pepper red sliced

☐ 1 bell pepper yellow sliced

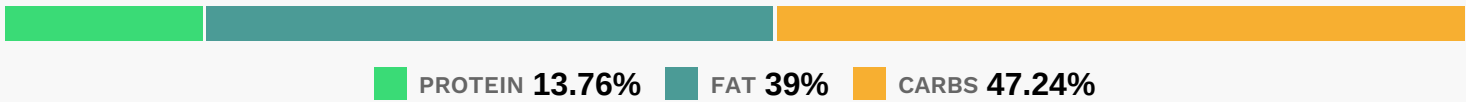
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet, or round pizza pan.
- ☐ Spread pizza dough out evenly on the prepared pan.
- ☐ Drizzle with olive oil.
- ☐ Sprinkle the garlic over the crust. Arrange red and yellow bell peppers, mushrooms and artichoke hearts on top, then dot with pieces of goat cheese.
- ☐ Drizzle balsamic vinegar over the top.
- ☐ Bake for 15 to 20 minutes in the preheated oven, until the edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.77, Inflammation Score:-6, Nutrition Score:7.4430435403534%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 184.3kcal (9.22%), Fat: 8.06g (12.4%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 20.25g (7.36%), Sugar: 4.61g (5.12%), Cholesterol: 6.52mg (2.17%), Sodium: 400.23mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin C: 51.41mg (62.31%), Vitamin A: 872.32IU

(17.45%), Copper: 0.19mg (9.3%), Iron: 1.66mg (9.2%), Vitamin B6: 0.14mg (7.2%), Fiber: 1.73g (6.91%), Phosphorus: 68.69mg (6.87%), Vitamin B3: 1.29mg (6.44%), Selenium: 4.47µg (6.38%), Vitamin B2: 0.1mg (5.79%), Folate: 18.31µg (4.58%), Potassium: 152.79mg (4.37%), Manganese: 0.08mg (4.16%), Vitamin B5: 0.41mg (4.12%), Vitamin E: 0.52mg (3.45%), Calcium: 30.75mg (3.08%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.32mg (2.12%), Vitamin K: 2.05µg (1.95%), Magnesium: 6.75mg (1.69%)