



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.

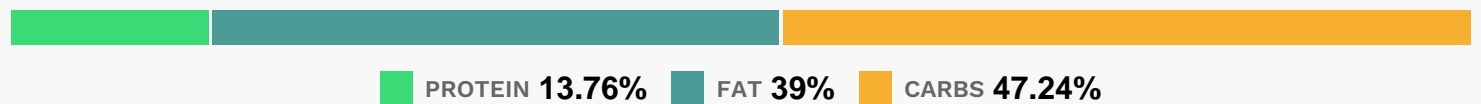
Drizzle with olive oil.

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%)