



Red Pepper Hummus Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce bread shell italian
- 15 ounce chickpeas rinsed canned drained
- 8 ounce feta cheese crumbled
- 2 garlic cloves
- 0.3 cup kalamata pitted ripe chopped
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 1 teaspoon oregano dried

- 0.3 teaspoon pepper
- 3 plum tomatoes sliced
- 7 ounce roasted bell peppers red drained chopped
- 0.5 teaspoon salt

Equipment

- food processor
- oven
- blender

Directions

- Process first 7 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- Spread chickpea mixture over bread shell. Top with feta cheese and remaining ingredients.
- Bake at 450 for 10 minutes or until lightly browned.
- * 1 (15-ounce) can navy beans may be substituted for chickpeas. 1 (10-ounce) can refrigerated pizza crust, baked, may be substituted for bread shell.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:14.983043452968%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 490.81kcal (24.54%), Fat: 31.91g (49.09%), Saturated Fat: 15.03g (93.97%), Carbohydrates: 39.36g (13.12%), Net Carbohydrates: 33.44g (12.16%), Sugar: 15.6g (17.33%), Cholesterol: 33.64mg (11.21%), Sodium: 1539.53mg (66.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.79%), Manganese: 0.72mg (36.18%), Vitamin B6: 0.6mg (29.97%), Vitamin C: 21.95mg (26.61%), Calcium: 238.71mg (23.87%), Fiber: 5.93g (23.7%), Vitamin B2: 0.39mg (23.07%), Phosphorus: 218.4mg (21.84%), Folate: 71.53µg (17.88%), Vitamin B3: 3mg (15%), Iron: 2.67mg (14.81%), Vitamin A: 628.98IU (12.58%), Zinc: 1.81mg (12.07%), Vitamin B1: 0.17mg (11.46%), Magnesium: 43.61mg (10.9%), Vitamin B12: 0.64µg (10.65%), Selenium: 7.4µg (10.58%), Potassium: 366.7mg (10.48%), Copper: 0.2mg (9.79%), Vitamin E: 1.19mg (7.95%), Vitamin K: 8.24µg (7.85%), Vitamin B5: 0.64mg (6.36%), Vitamin D: 0.15µg (1.01%)