



Rice Pizza

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups brown rice cooked
- 2 eggs
- 6 servings bell pepper green
- 1 cup mozzarella cheese
- 1 cup mozzarella cheese grated
- 6 servings mushrooms
- 2 tablespoons parmesan
- 16 ounce tomato sauce

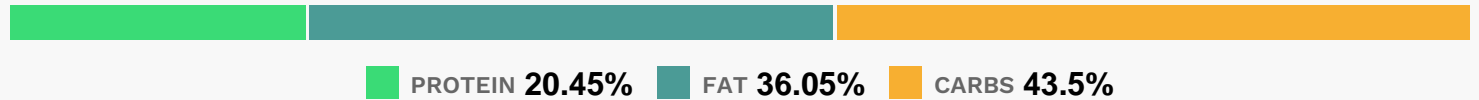
Equipment

- baking sheet
- oven
- pizza pan

Directions

- Crust: combine rice, eggs and 1 cup of cheese, Press Firmly into a 12 inches greased pizza pan or 2-9 inch pie pans or a 10x14 1/2 cookie sheet.
- Bake at 400 for 20 minutes.
- Place sauce on the rice crust.
- Add toppings, then the last 1 cup of cheese.
- Bake another 10 minutes. Enjoy!

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:12.76, Inflammation Score:-7, Nutrition Score:17.729130516882%

Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 278.97kcal (13.95%), Fat: 11.31g (17.4%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 26.8g (9.74%), Sugar: 4.59g (5.1%), Cholesterol: 85.19mg (28.4%), Sodium: 642.75mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.43g (28.86%), Vitamin C: 53.15mg (64.43%), Manganese: 1.24mg (61.96%), Phosphorus: 281.01mg (28.1%), Calcium: 242.79mg (24.28%), Vitamin B6: 0.39mg (19.7%), Vitamin A: 892.08IU (17.84%), Magnesium: 70.24mg (17.56%), Selenium: 11.77µg (16.82%), Vitamin B12: 1µg (16.7%), Fiber: 3.91g (15.64%), Vitamin B2: 0.26mg (15.28%), Zinc: 2.18mg (14.52%), Potassium: 459mg (13.11%), Vitamin B3: 2.42mg (12.11%), Vitamin B1: 0.17mg (11.34%), Copper: 0.22mg (11.18%), Iron: 1.88mg (10.47%), Vitamin E: 1.54mg (10.25%), Vitamin B5: 0.97mg (9.75%), Vitamin K: 7.45µg (7.1%), Folate: 26.45µg (6.61%), Vitamin D: 0.45µg (3.02%)