



Roasted Bell Pepper-and-Olive Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 teaspoons capers drained
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup olive green sliced
- ☐ 0.8 teaspoon olive oil
- ☐ 1.5 ounces parmesan cheese freshly grated
- ☐ 2 pound pizza cheese italian cheese-flavored (such as Boboli)
- ☐ 2 large bell pepper red

- ☐ 2 teaspoons red wine vinegar
- ☐ 2 large bell pepper yellow

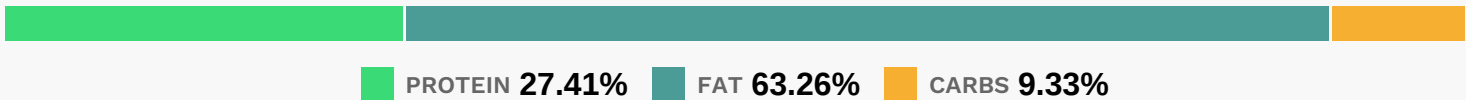
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place bell pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil 15 for minutes or until blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes. Peel and cut into strips.
- ☐ Combine bell peppers, green olives, and next 5 ingredients (olives through black pepper) in a bowl.
- ☐ Preheat oven to 35
- ☐ Divide the bell pepper mixture evenly among pizza crusts; sprinkle with cheese.
- ☐ Bake at 350 for 7 minutes or until cheese melts.
- ☐ Cut each into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:9.400000097635%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 284.17kcal (14.21%), Fat: 21.16g (32.56%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.19g (1.33%), Cholesterol: 18.2mg (6.07%), Sodium: 305.12mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.63g (41.27%), Vitamin C: 93.55mg (113.4%), Vitamin A: 1076.44IU (21.53%), Vitamin K: 22.24µg (21.19%), Calcium: 192.78mg (19.28%), Vitamin B6: 0.14mg (6.87%), Folate: 22.99µg (5.75%), Vitamin E: 0.71mg (4.75%), Fiber: 1.1g (4.38%), Potassium: 139.94mg (4%), Phosphorus: 38.1mg (3.81%), Manganese: 0.08mg (3.76%), Vitamin B3: 0.58mg (2.89%), Vitamin B2: 0.05mg (2.67%), Copper: 0.05mg (2.47%), Magnesium: 9.66mg (2.42%), Iron: 0.39mg (2.19%), Selenium: 1.42µg (2.03%), Zinc: 0.29mg (1.94%), Vitamin B1: 0.03mg (1.78%), Vitamin B5: 0.16mg (1.57%)