



Roasted Green Tomato Pizza

READY IN



32 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounce american flavor pepper cheese product hot cut into thin strips reduced-fat
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 1 clove garlic minced
- ☐ 1 small golden delicious apple cored cut into 1/2-inch-thick slices
- ☐ 1 medium size tomatoes green cut into 1/2-inch slices
- ☐ 0.3 teaspoon ground pepper
- ☐ 1 small onion cut into 1/2-inch slices
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 3 medium size plum tomatoes sliced

☐ 4 ounces 0%-reduced-fat mozzarella cheese shredded

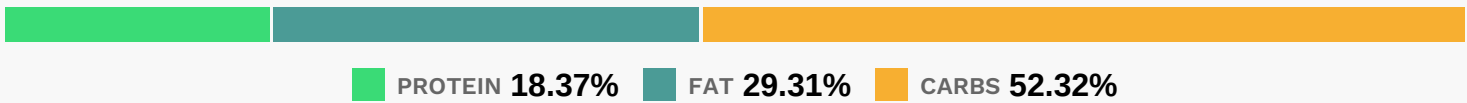
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Place slices of plum tomato, green tomato, onion, and apple on a 15- x 10- x 1-inch jellyroll pan coated with cooking spray; coat vegetables and apple with cooking spray.
- ☐ Bake at 500 for 10 minutes.
- ☐ Remove from oven; set aside. Reduce oven temperature to 42
- ☐ Unroll pizza dough onto a baking sheet coated with cooking spray. Pat dough into a 15- x 12-inch rectangle.
- ☐ Bake at 425 for 5 minutes. Top with hot pepper cheese strips; set aside.
- ☐ Set roasted plum tomato slices aside. Chop green tomato, onion, and apple; combine in a small bowl. Press gently with paper towels to remove excess moisture.
- ☐ Add chiles and garlic, stirring well.
- ☐ Top hot pepper cheese strips with green tomato mixture; sprinkle with pepper. Top with roasted plum tomato slices and mozzarella.
- ☐ Bake at 425 for 10 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:2.47, Inflammation Score:-7, Nutrition Score:10.903043472249%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 347.9kcal (17.39%), Fat: 11.53g (17.74%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 46.31g (15.44%), Net Carbohydrates: 42.69g (15.52%), Sugar: 11.48g (12.75%), Cholesterol: 32.32mg (10.77%), Sodium: 1059.2mg (46.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.51%), Calcium: 397.82mg (39.78%), Vitamin C: 26mg (31.52%), Phosphorus: 255.04mg (25.5%), Vitamin A: 912.81IU (18.26%), Iron: 2.88mg (15.97%), Fiber: 3.62g (14.48%), Selenium: 7.36µg (10.52%), Vitamin B2: 0.16mg (9.64%), Potassium: 313.97mg (8.97%), Zinc: 1.32mg (8.78%), Folate: 34.99µg (8.75%), Vitamin B6: 0.17mg (8.75%), Vitamin K: 8.47µg (8.07%), Manganese: 0.15mg (7.74%), Vitamin B12: 0.45µg (7.42%), Magnesium: 23.44mg (5.86%), Copper: 0.09mg (4.46%), Vitamin B1: 0.06mg (4.1%), Vitamin E: 0.58mg (3.9%), Vitamin B3: 0.73mg (3.64%), Vitamin B5: 0.35mg (3.53%), Vitamin D: 0.17µg (1.13%)