



## Roasted Pepper Pesto-Tomato Pizza

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**6**

CALORIES



**322 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup basil leaves
- 1 large garlic clove peeled
- 1 teaspoon olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 1 ounce parmesan cheese fresh grated
- 3 ounces part-skim mozzarella cheese shredded
- 1 pound pizza crust italian cheese-flavored (such as Boboli)
- 6 ounces plum tomatoes thinly sliced

- 5.2 ounce roasted bell peppers red drained
- 1 teaspoon sugar
- 2 tablespoons tomato paste
- 1.5 tablespoons water

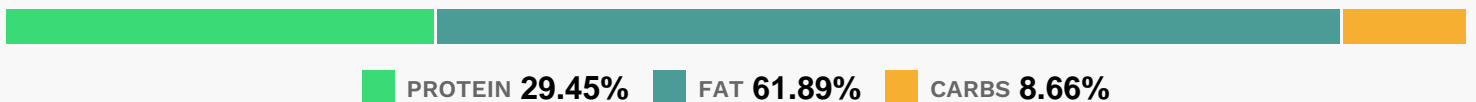
## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 45
- Drop garlic through food chute with food processor on; process until minced.
- Add basil and next 6 ingredients (basil through bell peppers), and process until smooth, scraping sides of bowl once.
- Place pizza crust on a baking sheet.
- Spread pepper mixture over pizza crust, leaving a 1/2-inch border; sprinkle with mozzarella. Arrange the tomato slices in a single layer on top of the cheese.
- Bake at 450 for 10 minutes.
- Sprinkle pizza with oregano.

## Nutrition Facts



## Properties

Glycemic Index:47.52, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:7.3117391778075%

## Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg,

Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## **Nutrients (% of daily need)**

Calories: 321.66kcal (16.08%), Fat: 23.24g (35.75%), Saturated Fat: 5.35g (33.46%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.31g (2.3%), Sugar: 2.28g (2.54%), Cholesterol: 27.4mg (9.13%), Sodium: 687.48mg (29.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.75%), Calcium: 343.59mg (34.36%), Vitamin C: 17.36mg (21.04%), Vitamin K: 21.2µg (20.19%), Vitamin A: 764.21IU (15.28%), Phosphorus: 117.82mg (11.78%), Manganese: 0.15mg (7.64%), Potassium: 189.32mg (5.41%), Vitamin B6: 0.11mg (5.31%), Selenium: 3.56µg (5.08%), Vitamin B2: 0.08mg (4.95%), Zinc: 0.69mg (4.6%), Copper: 0.09mg (4.59%), Magnesium: 16.57mg (4.14%), Fiber: 1g (4%), Iron: 0.7mg (3.9%), Vitamin E: 0.57mg (3.81%), Folate: 13.56µg (3.39%), Vitamin B12: 0.17µg (2.88%), Vitamin B3: 0.54mg (2.71%), Vitamin B1: 0.03mg (1.79%)