



## Roasted Red Pepper and Arugula Pizza

READY IN



21 min.

SERVINGS



4

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.8 ounce arugula
- 0.3 teaspoon pepper red crushed
- 1.5 tablespoons pinenuts
- 1 cup preshredded pizza cheese blend
- 0.3 cup onion red thinly sliced
- 10.5 ounce pizza dough refrigerated
- 7 ounce roasted bell pepper red drained
- 1 tablespoon cornmeal yellow

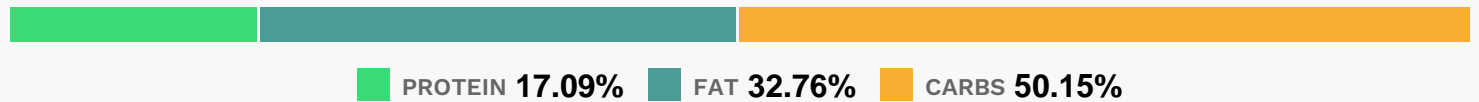
## Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 425
- Sprinkle 1 tablespoon cornmeal onto a large baking sheet coated with cooking spray. Unroll pizza dough onto prepared baking sheet, and stretch sides gently into an 11 x 15-inch rectangle.
- Bake at 425 for 7 minutes.
- Remove crust from oven.
- Layer red pepper strips and arugula over crust.
- Sprinkle with pine nuts, red onion, and crushed red pepper.
- Bake at 425 for 5 minutes; sprinkle with cheese, and bake 2 minutes or until cheese melts.
- Cut into 8 pieces.

## Nutrition Facts



## Properties

Glycemic Index:31.88, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:10.637391419514%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

## Nutrients (% of daily need)

Calories: 323.92kcal (16.2%), Fat: 12.24g (18.84%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 42.17g (14.06%), Net Carbohydrates: 39.6g (14.4%), Sugar: 5.27g (5.86%), Cholesterol: 5.6mg (1.87%), Sodium: 1282.85mg (55.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.37g (28.74%), Vitamin K: 62.1µg (59.15%), Vitamin C: 27.33mg

(33.12%), Vitamin A: 1459.35IU (29.19%), Manganese: 0.55mg (27.59%), Iron: 3.07mg (17.04%), Fiber: 2.57g (10.29%), Calcium: 92.08mg (9.21%), Folate: 36.06µg (9.01%), Vitamin B6: 0.15mg (7.27%), Magnesium: 28.53mg (7.13%), Copper: 0.14mg (7.07%), Potassium: 189.12mg (5.4%), Phosphorus: 46.46mg (4.65%), Vitamin E: 0.66mg (4.4%), Zinc: 0.5mg (3.31%), Vitamin B1: 0.05mg (3.21%), Vitamin B2: 0.05mg (3.12%), Vitamin B3: 0.62mg (3.08%)