



WHATSheATE



Roasted spring vegetable pizza

READY IN



65 min.

SERVINGS



4

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 200 g strong flour plain
- ☐ 0.5 tsp salt
- ☐ 1 tsp easy blend yeast dried
- ☐ 4 servings olive oil for brushing
- ☐ 2 pasilla peppers red
- ☐ 1 leek
- ☐ 1 tsp olive oil
- ☐ 4 tbsp tomato passata
- ☐ 125 g pack mozzarella light

- ☐ 12 cherry tomatoes
- ☐ 3 tbsp pea frozen
- ☐ 2 tbsp parmesan freshly grated

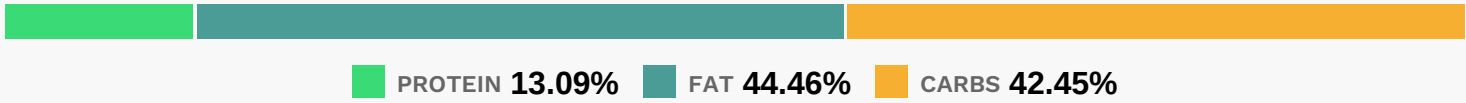
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Preheat the oven to 220C/Gas 7/fan oven 200C. Tip the flour, salt and yeast into a bowl and mix well.
- ☐ Add the warm water and mix to a soft dough. Knead on a lightly floured surface for 2-3 minutes, then roll out to a 30cm/12in round.
- ☐ Brush a large baking sheet with a thin slick of oil, then add the pizza base. Cover with a clean tea towel.
- ☐ Cut the peppers into rings and slice the leek. Toss the leek and red peppers in the oil, salt and pepper.
- ☐ Spread over a baking sheet and roast for 10 minutes.
- ☐ Spread the pizza base with the passata. Scatter over the leek and red pepper. Thinly slice the mozzarella and arrange over the vegetables. Scatter over the whole cherry tomatoes and peas and sprinkle with the parmesan. 4
- ☐ Bake for 15-20 minutes, until the crust is crisp and lightly browned. To serve, cut into four wedges.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:30.24, Inflammation Score:-10, Nutrition Score:25.053913113864%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 475.52kcal (23.78%), Fat: 23.69g (36.45%), Saturated Fat: 6.76g (42.27%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 46.44g (16.89%), Sugar: 5.87g (6.52%), Cholesterol: 26.39mg (8.8%), Sodium: 541.99mg (23.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.39%), Vitamin C: 92.53mg (112.16%), Vitamin A: 2838.8IU (56.78%), Folate: 185.58µg (46.39%), Vitamin B1: 0.58mg (38.67%), Selenium: 23.7µg (33.86%), Manganese: 0.65mg (32.54%), Vitamin B2: 0.45mg (26.6%), Vitamin E: 3.81mg (25.43%), Vitamin K: 26.18µg (24.93%), Phosphorus: 245.31mg (24.53%), Calcium: 222.52mg (22.25%), Iron: 3.97mg (22.06%), Vitamin B3: 4.39mg (21.95%), Fiber: 4.46g (17.86%), Vitamin B6: 0.34mg (16.78%), Vitamin B12: 0.74µg (12.38%), Potassium: 429.81mg (12.28%), Zinc: 1.81mg (12.06%), Magnesium: 44.24mg (11.06%), Copper: 0.19mg (9.67%), Vitamin B5: 0.72mg (7.24%)