



Roasted Vegetable and Goat Cheese Pizza

READY IN



40 min.

SERVINGS



24

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium bell pepper cut into 1-inch pieces (1 1/2 cups)
- 2 ounces goat cheese crumbled (goat)
- 3 ounces mushrooms fresh cut in half (1 cup)
- 1 cup tomatoes
- 10 ounces uncook pizza crust ready-to-serve thin (12 inches in diameter)
- 1 onion red cut into wedges
- 1 tablespoon vegetable oil
- 1 medium to 3 sized squashes yellow cut into 1/4-inch slices (1 cup)

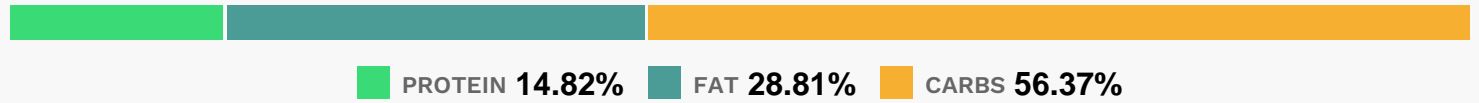
Equipment

- frying pan
- oven

Directions

- Heat oven to 45
- Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray. Toss zucchini, bell pepper, mushrooms, onion and oil to coat; spread evenly in pan.
- Bake 15 to 20 minutes or until vegetables are crisp-tender.
- Spread pizza crust with marinara sauce. Top with vegetables and cheese.
- Bake 8 to 10 minutes or until hot.
- Cut into squares or wedges to serve.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.1491304023758%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 51.12kcal (2.56%), Fat: 1.68g (2.58%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 6.75g (2.45%), Sugar: 1.22g (1.35%), Cholesterol: 1.09mg (0.36%), Sodium: 120.44mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin C: 8.86mg (10.74%), Vitamin A: 240.28IU (4.81%), Iron: 0.54mg (3.01%), Vitamin B6: 0.06mg (2.87%), Vitamin B2: 0.05mg (2.76%), Fiber: 0.64g (2.56%), Copper: 0.05mg (2.35%), Potassium: 80.75mg (2.31%), Manganese: 0.04mg (2.04%), Vitamin E: 0.29mg (1.91%), Folate: 7.32µg (1.83%), Calcium: 18.21mg (1.82%), Vitamin K: 1.88µg (1.79%), Phosphorus: 17.57mg (1.76%), Vitamin B3: 0.33mg (1.66%), Vitamin B5: 0.13mg (1.35%), Magnesium: 4.67mg (1.17%), Vitamin B1: 0.02mg (1.05%)