



Roasted Vegetable-and-Goat Cheese Pizza

READY IN



30 min.

SERVINGS



30

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium eggplant peeled cut into 3/4-inch cubes
- 2 teaspoons thyme sprigs fresh chopped
- 9 ounce goat cheese crumbled
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 0.5 teaspoon pepper
- 7 ounce basil pesto refrigerated prepared
- 0.3 cup pinenuts
- 24 ounce uncook pizza crust

- 1 bell pepper red cut into 3/4-inch pieces
- 1 teaspoon salt
- 1 medium size onion sweet cut into 3/4-inch pieces
- 1 small zucchini cut into 3/4-inch cubes

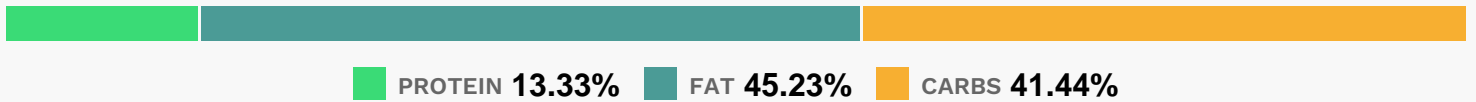
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil
- broiler pan

Directions

- Toss onion with 1 teaspoon oil; arrange on an aluminum foil-lined jelly-roll or broiler pan.
- Bake at 425 for 20 minutes or until tender, stirring after 10 minutes.
- Toss together eggplant and next 6 ingredients; add to onion on jelly-roll pan.
- Bake 30 more minutes, stirring at 10-minute intervals.
- Place pizza crusts on 2 lightly greased baking sheets; spread pesto evenly over crusts, and arrange vegetables evenly over pesto.
- Sprinkle crumbled goat cheese and 1/4 cup pine nuts over vegetables.
- Bake pizzas at 425 for 25 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:3.141304364023%

Flavonoids

Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 132.05kcal (6.6%), Fat: 6.7g (10.31%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.62g (4.59%), Sugar: 2.03g (2.25%), Cholesterol: 4.44mg (1.48%), Sodium: 292.65mg (12.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.89%), Manganese: 0.17mg (8.47%), Vitamin C: 6.87mg (8.33%), Vitamin A: 363.74IU (7.27%), Iron: 1mg (5.58%), Copper: 0.1mg (4.98%), Calcium: 48.58mg (4.86%), Fiber: 1.2g (4.79%), Phosphorus: 37.6mg (3.76%), Vitamin B6: 0.07mg (3.4%), Vitamin B2: 0.05mg (2.97%), Folate: 10.13µg (2.53%), Potassium: 76.93mg (2.2%), Magnesium: 8.77mg (2.19%), Vitamin E: 0.32mg (2.15%), Vitamin K: 2.11µg (2.01%), Vitamin B1: 0.02mg (1.64%), Zinc: 0.22mg (1.43%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.26mg (1.3%)