



Roasted Vegetable Pizza

READY IN



100 min.

SERVINGS



4

CALORIES



608 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup asiago cheese shaved
- 1 medium eggplant cubed peeled
- 1 tablespoon rosemary fresh chopped
- 0.3 cup olive oil
- 1 teaspoon olive oil
- 1 onion peeled cut into eighths
- 0.3 teaspoon pepper
- 16 oz prebaked pizza crusts whole wheat
- 1 bell pepper red cut into 1-inch pieces

- 0.3 teaspoon salt
- 1 large sweet potatoes and into peeled cut into 1/2-inch cubes
- 2 medium zucchini sliced

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Sprinkle eggplant with salt, and let stand 30 minutes. Pat dry.
- Preheat oven to 400
- Toss together eggplant, zucchini, and next 6 ingredients, and arrange in a single layer in 2 aluminum foil-lined 15- x 10-inch jelly-roll pans.
- Bake at 400 for 45 minutes or until vegetables are tender and golden brown. Season with salt to taste.
- Place crust on a baking sheet.
- Brush crust with 1 tsp. olive oil. Top with 2 cups roasted vegetables; reserve remaining vegetables for another use.
- Sprinkle with cheese.
- Bake at 400 for 15 minutes or until crust is crisp and cheese is melted.

Nutrition Facts



PROTEIN 11.34% **FAT 32.71%** **CARBS 55.95%**

Properties

Glycemic Index:55.25, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:23.187826328951%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin:

0.03mg, Apigenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin:
1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol:
0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg,
Myricetin: 0.03mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 608.19kcal (30.41%), Fat: 22.51g (34.64%), Saturated Fat: 6.12g (38.28%), Carbohydrates: 86.67g
(28.89%), Net Carbohydrates: 76.8g (27.93%), Sugar: 14.24g (15.82%), Cholesterol: 5.67mg (1.89%), Sodium:
939.81mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.11%), Vitamin A: 13293.69IU
(265.87%), Vitamin C: 62.33mg (75.55%), Fiber: 9.87g (39.49%), Manganese: 0.75mg (37.5%), Vitamin B6: 0.56mg
(28.14%), Calcium: 264.01mg (26.4%), Potassium: 920.2mg (26.29%), Iron: 4.61mg (25.62%), Vitamin E: 3.27mg
(21.77%), Folate: 78.12µg (19.53%), Vitamin K: 20.39µg (19.42%), Phosphorus: 178.74mg (17.87%), Magnesium:
65.58mg (16.39%), Copper: 0.29mg (14.74%), Vitamin B2: 0.25mg (14.57%), Vitamin B5: 1.37mg (13.73%), Vitamin B1:
0.19mg (12.49%), Vitamin B3: 2.01mg (10.05%), Zinc: 1.11mg (7.39%), Selenium: 3.1µg (4.43%), Vitamin B12: 0.1µg
(1.67%)