



Roasted Vegetable Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup asiago cheese grated
- ☐ 0.3 cup basil fresh shredded
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 medium size eggplant peeled cut into 1/4-inch-thick slices
- ☐ 1 Dash garlic powder
- ☐ 1 medium size bell pepper green seeded cut into 1/4-inch-thick slices
- ☐ 1 medium onion cut into 1/4-inch-thick slices
- ☐ 3 tablespoons parmesan cheese freshly grated

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 recipe cornmeal pizza crust dough
- ☐ 3 plum tomatoes cut into 1/4-inch-thick slices
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup evaporated skimmed milk
- ☐ 2 small baby squash yellow cut into 1/4-inch-thick slices

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Arrange first 4 ingredients on a baking sheet coated with cooking spray; coat vegetables with cooking spray. Broil 5 1/2 inches from heat (with electric oven door partially opened) 3 minutes. Turn vegetables; coat with cooking spray. Broil 3 additional minutes or until vegetables are tender. Set aside.
- ☐ Pat dough into a 12-inch pizza pan coated with cooking spray.
- ☐ Bake at 425 on bottom rack of oven for 5 minutes.
- ☐ Combine milk and cornstarch in a small saucepan, stirring until smooth. Bring to a boil over medium heat, stirring constantly, and boil 1 minute.
- ☐ Remove from heat; stir in Asiago cheese and next 4 ingredients.
- ☐ Spread cheese mixture over crust, leaving a 1/2-inch border; arrange roasted vegetables and tomato over cheese mixture.
- ☐ Sprinkle with Parmesan cheese and basil.
- ☐ Bake at 425 on bottom rack of oven for 15 to 18 minutes or until crust is lightly browned.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 20.9%**  **FAT 24.33%**  **CARBS 54.77%**

Properties

Glycemic Index:79.81, Glycemic Load:3.51, Inflammation Score:-8, Nutrition Score:16.889565260514%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 317.8kcal (15.89%), Fat: 8.68g (13.35%), Saturated Fat: 4.91g (30.71%), Carbohydrates: 43.94g (14.65%), Net Carbohydrates: 37.5g (13.64%), Sugar: 11.74g (13.05%), Cholesterol: 17.39mg (5.8%), Sodium: 728.45mg (31.67%), Alcohol: 0.77g (100%), Alcohol %: 0.24% (100%), Protein: 16.77g (33.53%), Vitamin C: 45.14mg (54.72%), Calcium: 397.88mg (39.79%), Phosphorus: 280.79mg (28.08%), Manganese: 0.55mg (27.27%), Fiber: 6.44g (25.75%), Potassium: 731.85mg (20.91%), Vitamin B6: 0.42mg (20.76%), Vitamin A: 994.7IU (19.89%), Vitamin K: 18.6µg (17.72%), Vitamin B2: 0.29mg (16.98%), Folate: 61.06µg (15.26%), Magnesium: 53.98mg (13.49%), Iron: 2.36mg (13.13%), Vitamin B1: 0.16mg (10.33%), Selenium: 7.13µg (10.18%), Copper: 0.2mg (9.9%), Zinc: 1.43mg (9.52%), Vitamin B12: 0.54µg (9.03%), Vitamin B3: 1.61mg (8.06%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.85mg (5.7%), Vitamin D: 0.62µg (4.12%)