



Roasted-Vegetable Pizza

READY IN



50 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium bell pepper cut lengthwise into eighths
- 1 medium to 3 sized squashes yellow cut into 1/4-inch slices
- 0.5 small eggplant cut into 1/4-inch slices
- 8 ounces mushrooms fresh whole cut in half
- 2 tablespoons roasted garlic
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 10 ounces uncook pizza crust ready-to-serve thin
- 4 ounces provolone cheese shredded

1 tablespoon basil fresh

Equipment

frying pan

baking sheet

oven

Directions

Heat oven to 425°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.

Spread bell pepper, squash, eggplant and mushrooms in single layer in pan.

Brush with oil.

Sprinkle with salt and pepper.

Bake uncovered 20 to 25 minutes, turning vegetables once, until vegetables are tender.

Place pizza crust on ungreased cookie sheet.

Sprinkle with 1/2 cup of the cheese. Top with vegetables.

Sprinkle with remaining 1/2 cup cheese.

Bake 8 to 10 minutes or until cheese is melted.

Sprinkle with basil.

Nutrition Facts



PROTEIN 19.63% **FAT 28.94%** **CARBS 51.43%**

Properties

Glycemic Index:35.63, Glycemic Load:1.09, Inflammation Score:-6, Nutrition Score:8.1378260954567%

Flavonoids

Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg, Delphinidin: 24.53mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 170.77kcal (8.54%), Fat: 5.63g (8.66%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 20.2g (7.34%), Sugar: 3.37g (3.75%), Cholesterol: 9.78mg (3.26%), Sodium: 439.75mg (19.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin C: 25.1mg (30.42%), Calcium: 151.95mg (15.19%), Vitamin A: 659.77IU (13.2%), Vitamin B2: 0.22mg (12.94%), Phosphorus: 118.03mg (11.8%), Vitamin B6: 0.19mg (9.3%), Fiber: 2.32g (9.28%), Manganese: 0.19mg (9.27%), Iron: 1.44mg (8.02%), Potassium: 280.46mg (8.01%), Vitamin B3: 1.51mg (7.57%), Selenium: 5.13µg (7.33%), Copper: 0.14mg (7%), Vitamin B5: 0.67mg (6.71%), Folate: 26.72µg (6.68%), Zinc: 0.79mg (5.24%), Magnesium: 17.25mg (4.31%), Vitamin B1: 0.06mg (4.05%), Vitamin K: 3.95µg (3.76%), Vitamin B12: 0.22µg (3.64%), Vitamin E: 0.39mg (2.6%)