



Roasted Vegetable Pizza

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup mushrooms fresh sliced
- 1 medium bell pepper red yellow cut into 1-inch pieces
- 1 medium onion cut into thin wedges
- 3 tablespoons olive oil
- 0.8 teaspoon coarse salt (kosher or sea)
- 2 cups flour all-purpose
- 1 tablespoon sugar
- 1.3 teaspoons yeast dry

- 0.8 cup water
- 2 tablespoons basil fresh chopped
- 29 oz canned tomatoes diced fire roasted organic drained canned
- 4 oz goat cheese crumbled

Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer

Directions

- Heat oven to 450°F. In ungreased 15x10x1-inch pan, toss mushrooms, bell pepper and onion with 1 tablespoon of the oil.
- Sprinkle with 1/4 teaspoon of the salt; toss.
- Spread evenly in pan.
- Bake 12 to 16 minutes, stirring once, until vegetables are tender.
- Meanwhile, in medium bowl, stir together 1 cup of the flour, the sugar, yeast, remaining 1/2 teaspoon salt, the warm water and 1 tablespoon of the remaining oil. Beat with electric mixer on low speed 30 seconds. Beat on high speed 1 minute. Stir in remaining 1 cup flour and the basil to form a soft dough.
- On lightly floured surface, knead about 5 minutes or until smooth and elastic. Cover; let rest 10 minutes.
- Spray large cookie sheet with cooking spray. On cookie sheet, press dough into 14x10-inch rectangle; prick with fork.
- Bake 12 to 14 minutes or until light golden brown.
- Brush crust with remaining 1 tablespoon oil.
- Spread roasted vegetable mixture and tomatoes evenly over crust; sprinkle with cheese.
- Bake 6 to 8 minutes longer or until vegetables are warm and cheese is softened.

Nutrition Facts

PROTEIN 12.56% FAT 32.61% CARBS 54.83%

Properties

Glycemic Index:51.02, Glycemic Load:25.15, Inflammation Score:-8, Nutrition Score:13.826956549416%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 320.93kcal (16.05%), Fat: 11.58g (17.82%), Saturated Fat: 3.82g (23.87%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 40.57g (14.75%), Sugar: 7.37g (8.19%), Cholesterol: 8.69mg (2.9%), Sodium: 576.41mg (25.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.03g (20.07%), Vitamin C: 29.67mg (35.96%), Vitamin B1: 0.44mg (29.6%), Vitamin A: 1399.84IU (28%), Folate: 109.46µg (27.37%), Selenium: 16.32µg (23.31%), Vitamin B2: 0.39mg (22.98%), Iron: 3.31mg (18.41%), Manganese: 0.37mg (18.35%), Vitamin B3: 3.6mg (18%), Copper: 0.27mg (13.51%), Fiber: 3.25g (13.01%), Phosphorus: 122.12mg (12.21%), Vitamin E: 1.39mg (9.27%), Vitamin B6: 0.17mg (8.63%), Calcium: 82.43mg (8.24%), Vitamin K: 8.49µg (8.09%), Vitamin B5: 0.72mg (7.25%), Potassium: 177.32mg (5.07%), Magnesium: 18.92mg (4.73%), Zinc: 0.69mg (4.6%)