



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
- ☐ 0.5 small eggplant cut into 1/4-inch slices
- ☐ 1 tablespoon basil fresh
- ☐ 8 ounces mushrooms fresh whole cut in half
- ☐ 0.3 teaspoon pepper
- ☐ 10 ounces uncook pizza crust ready-to-serve thin
- ☐ 4 ounces provolone cheese shredded
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons roasted garlic

☐ 1 medium to 3 sized squashes yellow cut into 1/4-inch slices

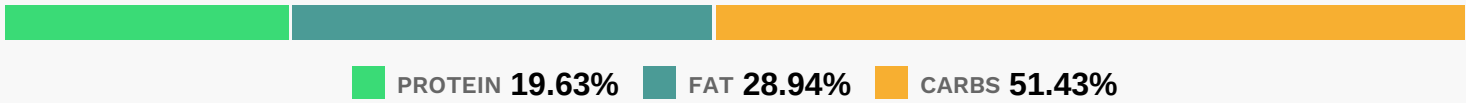
Equipment

- ☐ 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



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%)