



Roasted Vegetable Pizza

 Gluten Free

READY IN



37 min.

SERVINGS



6

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups roasted zucchini and tomatoes
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 4 ounces preshredded part-skim mozzarella cheese
- ☐ 0.3 cup commercial pesto
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)

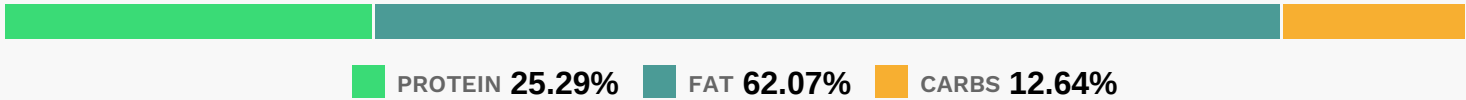
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Place pizza crust on rack in oven while preheating, and heat 5 minutes.
- ☐ Remove crust from oven; place on an ungreased baking sheet.
- ☐ Spread pesto evenly over crust. Top with Roasted Zucchini and Tomatoes; sprinkle evenly with cheeses.
- ☐ Bake at 500 for 7 minutes or until cheeses melt.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:4.0143478379949%

Nutrients (% of daily need)

Calories: 289.43kcal (14.47%), Fat: 20.35g (31.31%), Saturated Fat: 4.96g (30.98%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.1g (2.95%), Sugar: 3.67g (4.08%), Cholesterol: 23.78mg (7.93%), Sodium: 562.48mg (24.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.31%), Calcium: 323.21mg (32.32%), Vitamin A: 901.68IU (18.03%), Phosphorus: 99.07mg (9.91%), Fiber: 1.22g (4.89%), Iron: 0.84mg (4.65%), Selenium: 3.1µg (4.42%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.06mg (3.69%), Vitamin B12: 0.17µg (2.92%), Vitamin C: 2.34mg (2.84%), Magnesium: 5.08mg (1.27%)