



## Rustic Veggie Pizza

READY IN



44 min.

SERVINGS



44

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup baby arugula
- 1 cup cherry tomatoes halved
- 4 oz athenos feta cheese crumbled traditional
- 0.3 cup kalamata olives pitted
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 onion cut into thin wedges
- 11 oz pizza crust refrigerated thin canned
- 3 Tbsp vinaigrette dressing made italian with extra virgin olive oil, divided kraft
- 1 small bell pepper yellow cut into strips

- 1 zucchini sliced cut in half, then crosswise

## Equipment

- frying pan
- baking sheet
- oven

## Directions

- Heat oven to 425F.
- Heat 1 Tbsp. dressing in large skillet.
- Add onions; cook and stir on medium-high heat 5 min. or until crisp-tender.
- Add peppers and zucchini; cook and stir 5 min. or until onions are golden brown and peppers are crisp-tender.
- Remove from heat; stir in tomatoes and olives.
- Unroll pizza crust on baking sheet sprayed with cooking spray; pat into 14x10-1/2-inch rectangle. Fold over edges of dough to form 1/2-inch-wide rim.
- Bake 5 min.
- Brush with remaining dressing; top with vegetable mixture and cheeses.
- Bake 12 to 14 min. or until edges of crust are golden brown. Top with arugula.

## Nutrition Facts

 **PROTEIN 15.13%**  **FAT 46.9%**  **CARBS 37.97%**

## Properties

Glycemic Index:2.3, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.3721739050487%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 43.59kcal (2.18%), Fat: 2.32g (3.56%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.95g (1.44%), Sugar: 0.78g (0.87%), Cholesterol: 3.92mg (1.31%), Sodium: 113.34mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin C: 4.91mg (5.95%), Calcium: 35.73mg (3.57%), Phosphorus: 24.52mg (2.45%), Vitamin B2: 0.04mg (2.11%), Iron: 0.28mg (1.57%), Vitamin B6: 0.03mg (1.46%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.47µg (1.4%), Vitamin A: 66.81IU (1.34%), Zinc: 0.17mg (1.15%), Selenium: 0.81µg (1.15%), Fiber: 0.27g (1.09%), Vitamin B12: 0.06µg (1.07%)