

## Speedy Pizzas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 4 7-inch flour tortilla ()
- ☐ 0.5 cup pepper jack cheese grated
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion coarsely chopped
- ☐ 12 oz roasted peppers red dry coarsely chopped

## Equipment

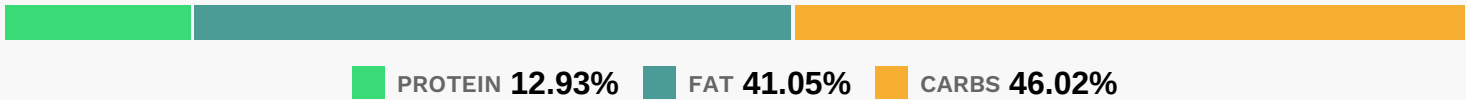
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ tongs

## Directions

- ☐ Preheat oven to 475°F.
- ☐ Cook onion in oil in a large heavy skillet over moderate heat, stirring, until softened, about 6 minutes. Stir in peppers and salt and pepper to taste.
- ☐ Toast tortillas directly on burner (gas or electric) over moderately low heat, turning once with tongs, until puffed slightly and browned in spots, about 30 seconds on each side.
- ☐ Arrange tortillas in 1 layer on a large baking sheet and spoon one fourth of onions and peppers onto each tortilla, leaving a 1/4-inch border around edge.
- ☐ Sprinkle pizzas with cheese and bake in middle of oven until cheese is melted and edges of tortillas are browned, about 5 minutes. Season pizzas with black pepper.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:12.308695552142%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

## Nutrients (% of daily need)

Calories: 254.7kcal (12.73%), Fat: 11.75g (18.07%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.37g (9.59%), Sugar: 3.37g (3.74%), Cholesterol: 12.57mg (4.19%), Sodium: 1589.19mg (69.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin C: 42.32mg (51.3%), Calcium: 216.06mg (21.61%), Manganese: 0.41mg (20.66%), Phosphorus: 185.36mg (18.54%), Selenium: 12.75µg (18.21%), Vitamin B1: 0.27mg (18.13%), Folate: 66.52µg (16.63%), Iron: 2.55mg (14.17%), Fiber: 3.27g (13.07%), Vitamin B2: 0.22mg (12.97%), Vitamin B3: 2.56mg (12.79%), Vitamin B6: 0.23mg (11.73%), Vitamin A: 551.62IU (11.03%), Copper: 0.18mg (8.88%), Potassium: 247.9mg (7.08%), Magnesium: 27.04mg (6.76%), Zinc: 0.88mg (5.9%), Vitamin K:

5.92µg (5.64%), Vitamin E: 0.55mg (3.65%), Vitamin B12: 0.12µg (1.95%), Vitamin B5: 0.18mg (1.84%)