



 **28%**  
HEALTH SCORE

## summer vegetable pizza

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon olive oil extra virgin extra-virgin
- 2 cups onion thinly sliced
- 1 teaspoon thyme sprigs fresh chopped
- 2 cups bell pepper red thinly sliced
- 1 eggplant
- 5 garlic clove thinly sliced
- 1 cup ears corn fresh ( 2 ears)
- 0.3 teaspoon salt
- 0.3 teaspoon pepper black

- 16 ounce uncook pizza crust fresh
- 5 ounces mozzarella fresh thinly sliced
- 1.5 ounces parmesan grated
- 1 cup cherry tomatoes halved
- 1 cup basil fresh
- 1 cup basil fresh

## Equipment

- frying pan
- oven
- pizza pan

## Directions

- Preheat oven to 42
- Position an oven rack in the next to lowest setting.
- Place a 16-inch pizza pan on the rack.
- Heat a large nonstick skillet over medium-high heat.
- Add olive oil to pan, and swirl to coat.
- Add 2 cups onion and thyme to pan; cook for 3 minutes or until the onion is tender, stirring occasionally.
- Add eggplant, bell pepper and garlic to pan; cook for 2 minutes, stirring occasionally.
- Add corn, salt, and black pepper to pan; cook for 1 minute or until thoroughly heated.
- Roll dough into a 16-inch circle on a lightly floured surface.
- Remove pan from oven. Coat the pan with cooking spray.
- Place dough on pan. Arrange mozzarella slices evenly over dough.
- Spread the corn mixture evenly over cheese, and top with Parmigiano-Reggiano cheese.
- Bake for 23 minutes. Arrange tomatoes evenly over pizza; bake an additional 5 minutes or until crust is browned.
- Remove from oven; sprinkle with basil.

# Nutrition Facts

PROTEIN 17.05% FAT 29.18% CARBS 53.77%

## Properties

Glycemic Index:97.5, Glycemic Load:4.35, Inflammation Score:-10, Nutrition Score:28.02%

## Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg, Quercetin: 16.78mg

## Nutrients (% of daily need)

Calories: 615.23kcal (30.76%), Fat: 20.46g (31.48%), Saturated Fat: 9.71g (60.72%), Carbohydrates: 84.82g (28.27%), Net Carbohydrates: 75.39g (27.42%), Sugar: 16g (17.77%), Cholesterol: 35.22mg (11.74%), Sodium: 1158.45mg (50.37%), Protein: 26.9g (53.8%), Vitamin C: 118.89mg (144.11%), Vitamin A: 3590.83IU (71.82%), Vitamin K: 62.3µg (59.33%), Calcium: 477.38mg (47.74%), Manganese: 0.79mg (39.43%), Fiber: 9.43g (37.72%), Phosphorus: 325.15mg (32.52%), Iron: 5.09mg (28.25%), Vitamin B6: 0.56mg (28.11%), Folate: 106.47µg (26.62%), Potassium: 807.2mg (23.06%), Vitamin B2: 0.31mg (18.05%), Magnesium: 71.14mg (17.78%), Vitamin E: 2.47mg (16.44%), Vitamin B12: 0.94µg (15.59%), Zinc: 2.2mg (14.69%), Selenium: 10.21µg (14.59%), Vitamin B1: 0.22mg (14.53%), Vitamin B3: 2.62mg (13.08%), Copper: 0.25mg (12.67%), Vitamin B5: 1.11mg (11.14%), Vitamin D: 0.19µg (1.3%)