



Summer Veggie Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces asparagus trimmed cut into 1-inch pieces
- ☐ 1 tablespoon cornmeal
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 ears corn
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 garlic cloves crushed
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil divided
- ☐ 1 cup onion sliced

- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 8 ounces pizza dough store-bought
- ☐ 1 bell pepper red cut into thin strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Place dough in a bowl coated with cooking spray; cover and let stand for 30 minutes.
- ☐ Heat a small skillet over medium heat.
- ☐ Add 4 teaspoons olive oil and garlic to pan; cook 2 minutes or until fragrant (do not brown).
- ☐ Remove garlic from oil, and discard garlic.
- ☐ Remove garlic oil from pan; set aside. Increase heat to medium-high.
- ☐ Add remaining 2 teaspoons oil to pan; swirl to coat.
- ☐ Add onion and bell pepper; saut 5 minutes.
- ☐ Place onion mixture in a bowl, and add asparagus.
- ☐ Cut corn from cob; add corn to vegetable mixture.
- ☐ Scatter cornmeal over a lightly floured surface; roll dough into a 13-inch circle on prepared surface.
- ☐ Transfer dough to a baking sheet; brush with garlic oil. Top with vegetable mixture, leaving a 1/2-inch border; sprinkle cheese, salt, and pepper over top.
- ☐ Bake at 500 for 15 minutes or until golden. Top with basil.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:15.811739193357%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg, Isorhamnetin: 5.24mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg, Quercetin: 16.14mg

Nutrients (% of daily need)

Calories: 342.14kcal (17.11%), Fat: 13.15g (20.23%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 46.28g (15.43%), Net Carbohydrates: 41.64g (15.14%), Sugar: 10.66g (11.85%), Cholesterol: 13.61mg (4.54%), Sodium: 847.58mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.42g (26.83%), Vitamin C: 48.1mg (58.31%), Vitamin K: 38.49µg (36.66%), Vitamin A: 1727.1IU (34.54%), Calcium: 199.54mg (19.95%), Phosphorus: 197.1mg (19.71%), Iron: 3.49mg (19.36%), Fiber: 4.63g (18.53%), Folate: 73.91µg (18.48%), Manganese: 0.32mg (15.95%), Vitamin E: 2.31mg (15.4%), Vitamin B6: 0.28mg (14.23%), Vitamin B1: 0.2mg (13.4%), Vitamin B2: 0.21mg (12.53%), Potassium: 400.03mg (11.43%), Magnesium: 41.76mg (10.44%), Vitamin B3: 1.83mg (9.15%), Zinc: 1.37mg (9.1%), Copper: 0.18mg (8.92%), Selenium: 5.29µg (7.55%), Vitamin B5: 0.67mg (6.69%), Vitamin B12: 0.17µg (2.91%)