



## Thai Vegetable Pizza

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 10-inch flour tortilla (8 to 10 inches in diameter)
- 6 tablespoons peanut butter
- 0.3 cup soya sauce
- 2 tablespoons seasoned rice vinegar
- 2 teaspoons sugar
- 4 ounces mozzarella cheese shredded
- 2 cups bean sprouts fresh
- 1 pound savory vegetable frozen thawed drained

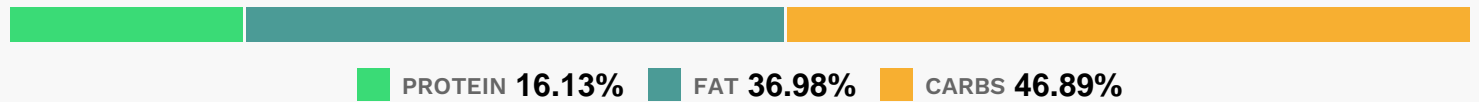
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400°.
- Place tortillas on ungreased cookie sheet.
- Bake 5 minutes.
- Mix peanut butter, soy sauce, vinegar and sugar; spread over tortillas. Top each with 2 tablespoons cheese.
- Spread bean sprouts and stir-fry vegetables evenly over tortillas.
- Sprinkle with remaining cheese.
- Bake 10 to 15 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:42.52, Glycemic Load:15.65, Inflammation Score:-10, Nutrition Score:22.110869739367%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 437.1kcal (21.85%), Fat: 18.46g (28.4%), Saturated Fat: 6.24g (38.98%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 45.72g (16.63%), Sugar: 7.4g (8.22%), Cholesterol: 14.93mg (4.98%), Sodium: 1280.05mg (55.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.12g (36.23%), Vitamin A: 3973.95IU (79.48%), Manganese: 0.89mg (44.34%), Vitamin B3: 6.83mg (34.15%), Phosphorus: 341.45mg (34.14%), Vitamin B1: 0.51mg (33.79%), Folate: 125.69µg (31.42%), Selenium: 20.1µg (28.72%), Fiber: 6.94g (27.77%), Vitamin B2: 0.4mg (23.74%), Iron: 4.17mg (23.15%), Calcium: 231.16mg (23.12%), Magnesium: 75.56mg (18.89%), Vitamin K: 16.96µg (16.15%), Vitamin C: 12.44mg (15.08%), Copper: 0.28mg (14.14%), Zinc: 1.85mg (12.36%), Potassium: 424.65mg (12.13%), Vitamin B6: 0.24mg (12.09%), Vitamin E: 1.53mg (10.19%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.6mg (6.02%)