

The Works" Pizza

READY IN



23 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 0.3 cup bell pepper diced green
- ☐ 1 cup meatless ground burger frozen (such as Boca)
- ☐ 1 cup mushrooms sliced
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 10 ounce pizza crust whole wheat italian 100% thin
- ☐ 0.1 teaspoon salt

☐ 0.3 cup tomato–basil marinara sauce (such as Classico)

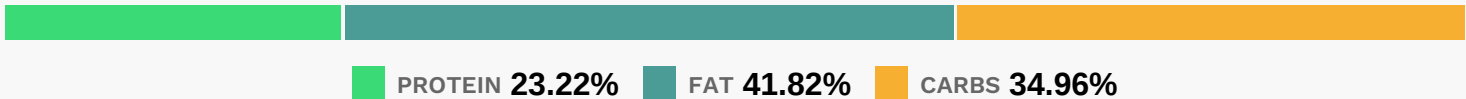
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Heat oil in a large nonstick skillet over medium–high heat.
- ☐ Add garlic and burger; saut until burger is thawed.
- ☐ Add onion, mushrooms, and bell pepper; saut 2 minutes.
- ☐ Remove from heat; sprinkle with salt.
- ☐ Lightly coat pizza crust with cooking spray; place on an ungreased baking sheet. Spoon marinara sauce onto crust; spread over crust, leaving a 1–inch border around outside edge. Top with burger mixture; sprinkle with cheese.
- ☐ Bake at 425 for 12 minutes or until crust is golden and cheese melts.
- ☐ Cut into 6 slices.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:9.4739130476247%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 322.61kcal (16.13%), Fat: 14.97g (23.02%), Saturated Fat: 6.94g (43.37%), Carbohydrates: 28.14g (9.38%), Net Carbohydrates: 26.45g (9.62%), Sugar: 3.17g (3.53%), Cholesterol: 44.77mg (14.92%), Sodium: 566.43mg (24.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.39%), Calcium: 282.59mg (28.26%), Phosphorus: 218.86mg (21.89%), Vitamin B12: 1.04µg (17.36%), Zinc: 2.53mg (16.87%), Selenium: 11.55µg (16.5%), Iron: 2.39mg (13.28%), Vitamin B2: 0.23mg (13.25%), Vitamin C: 10.23mg (12.4%), Vitamin B3: 2.4mg (12.03%), Vitamin B6: 0.23mg (11.69%), Potassium: 273.81mg (7.82%), Fiber: 1.69g (6.77%), Copper: 0.12mg (5.77%), Vitamin B5: 0.54mg (5.39%), Magnesium: 20.12mg (5.03%), Vitamin A: 226.55IU (4.53%), Manganese: 0.09mg (4.5%), Vitamin B1: 0.06mg (3.76%), Folate: 15.05µg (3.76%), Vitamin E: 0.52mg (3.49%), Vitamin K: 2.65µg (2.52%), Vitamin D: 0.15µg (1.03%)