



WHATSheATE



## Three-Cheese Veggie Pizza



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 artichoke hearts canned drained thinly sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers rinsed drained
- ☐ 2 ounces fontina shredded
- ☐ 2 garlic cloves minced
- ☐ 1 cup tomatoes
- ☐ 8 ounce pre mushrooms
- ☐ 2 teaspoons olive oil

- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)
- ☐ 0.8 cup bottled roasted bell peppers red sliced

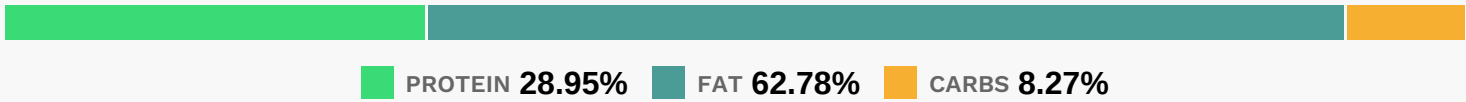
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Preheat oven to 50
- ☐ Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add black pepper, minced garlic, and mushrooms; saut for 5 minutes or until mushrooms are tender and most of liquid evaporates.
- ☐ Spread sauce over the pizza crust, leaving a 1/2-inch border, and top with mushroom mixture.
- ☐ Sprinkle evenly with mozzarella, fontina, and Parmesan cheeses. Top with roasted red bell peppers, 1 tablespoon capers, and artichokes.
- ☐ Bake at 500 for 10 minutes or until cheese melts and begins to brown.
- ☐ Let pizza stand for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:1.16, Inflammation Score:-4, Nutrition Score:8.3782609131025%

## Flavonoids

Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

## Nutrients (% of daily need)

Calories: 357.17kcal (17.86%), Fat: 26.22g (40.34%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.51g (2.79%), Cholesterol: 35.34mg (11.78%), Sodium: 828.03mg (36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.41%), Calcium: 349.76mg (34.98%), Phosphorus: 158.07mg (15.81%), Vitamin C: 12.16mg (14.74%), Vitamin B2: 0.25mg (14.73%), Selenium: 7.77µg (11.1%), Copper: 0.21mg (10.26%), Vitamin B3: 1.92mg (9.6%), Vitamin A: 438.83IU (8.78%), Potassium: 291.02mg (8.31%), Vitamin B5: 0.78mg (7.76%), Vitamin B6: 0.14mg (7.11%), Zinc: 1.06mg (7.04%), Manganese: 0.12mg (6.05%), Vitamin E: 0.85mg (5.64%), Fiber: 1.3g (5.18%), Vitamin B12: 0.31µg (5.13%), Iron: 0.86mg (4.76%), Magnesium: 17.86mg (4.46%), Folate: 15µg (3.75%), Vitamin B1: 0.05mg (3.51%), Vitamin K: 2.9µg (2.77%), Vitamin D: 0.18µg (1.23%)