



Three-Pepper Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 onion chopped
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 12 inch prebaked pizza crust refrigerated
- ☐ 0.3 cup tomato paste
- ☐ 0.3 cup water
- ☐ 1.5 cups bell pepper diced green red yellow (3 small peppers)

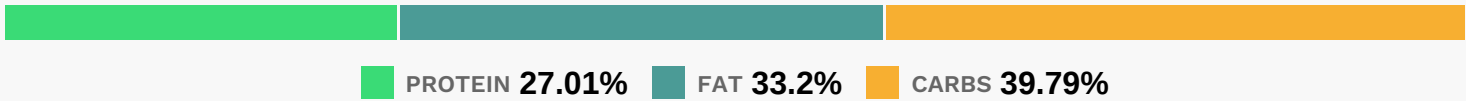
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine seasoning, tomato paste, and water in a small bowl; stir well.
- ☐ Spread over pizza crust. Top evenly with cheese.
- ☐ Sprinkle bell pepper and onion evenly over cheese.
- ☐ Bake at 450 for 10 to 12 minutes or until cheese melts.
- ☐ Cut into 6 wedges, and serve.
- ☐ Tip: Bell peppers come in an assortment of colors: green, red, yellow, orange, brown, and purple. The color depends on variety and ripeness. When peppers are picked before they reach maturity, they are green. But when left on the vine a little longer, a pepper ripens and changes color, depending on its variety.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:1.16, Inflammation Score:-5, Nutrition Score:8.5030435582866%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 86.38kcal (4.32%), Fat: 3.33g (5.12%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.77g (2.82%), Sugar: 2.69g (2.99%), Cholesterol: 12.1mg (4.03%), Sodium: 270.33mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Vitamin C: 72.22mg (87.54%), Calcium: 160.87mg (16.09%), Phosphorus: 111.31mg (11.13%), Vitamin A: 388.98IU (7.78%), Potassium: 256.87mg (7.34%), Vitamin B6: 0.12mg (5.96%), Vitamin B2: 0.09mg (5.4%), Manganese: 0.11mg (5.27%), Selenium: 3.65µg (5.22%), Copper: 0.1mg (5.17%), Fiber: 1.2g (4.8%), Zinc: 0.7mg (4.64%), Iron: 0.83mg (4.63%), Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.81mg (4.07%), Magnesium: 16.17mg (4.04%), Folate: 15.07µg (3.77%), Vitamin B12: 0.16µg (2.58%),

Vitamin K: 2.52μg (2.4%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.11mg (1.1%)