

Vegan Pizza

 Dairy Free

READY IN



41 min.

SERVINGS



8

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic cloves minced sliced
- ☐ 1 bell pepper green thinly sliced
- ☐ 0.5 tablespoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 1 big onion thinly sliced
- ☐ 1 and orange peppers thinly sliced
- ☐ 1 pack pizza crust refrigerated thin (I used Pillsbury crust)
- ☐ 1 bell pepper red thinly sliced

- ☐ 0.3 teaspoon sugar
- ☐ 1 bell pepper yellow thinly sliced

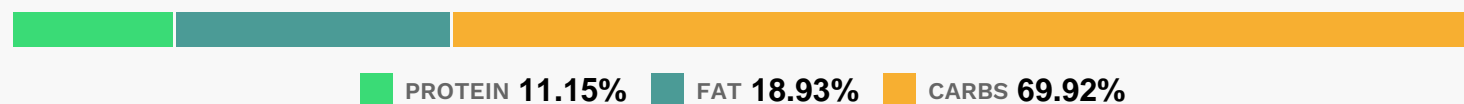
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wax paper

Directions

- ☐ Switch on the oven to 400F. In a large cookie sheet (use the one which you think will fit the pizza dough) add all the ingredients except the pizza dough. That is, the thinly sliced peppers, onion, garlic, oil and the seasonings.
- ☐ Mix it well and spread it on the baking sheet. Cook it for 15 minutes stirring occasionally. I also broiled it for another 5 minutes, keeping the oven door open.
- ☐ Transfer the caramelized vegetables to a plate or wax paper. Usually while baking the pizza dough you have to oil the baking sheet. Since we have roasted the vegetables already you can see that the baking sheet is already greased. So simply remove the dough from the can and unfold it on the cookie sheet.
- ☐ Spread it evenly to cover the cookie sheet. The dough may tear, but don't worry, because you can always repair it using your fingers to stretch the dough and cover the holes. Top the dough with the cooked pepper and onion mixture evenly.
- ☐ Bake it for 12-16 minutes, until the bottom turns golden brown and the top is also baked enough. I did not want to scratch my baking sheet while cutting the pizza, so removed it from the cookie sheet before cutting it.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:0.86, Inflammation Score:-7, Nutrition Score:8.1426085596499%

Flavonoids

Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 158.36kcal (7.92%), Fat: 3.44g (5.3%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 28.61g (9.54%), Net Carbohydrates: 26.48g (9.63%), Sugar: 5.36g (5.96%), Cholesterol: 0mg (0%), Sodium: 356.09mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin C: 78.59mg (95.27%), Vitamin A: 1021.92IU (20.44%), Iron: 1.73mg (9.63%), Vitamin B6: 0.17mg (8.7%), Fiber: 2.13g (8.51%), Manganese: 0.11mg (5.74%), Folate: 22.42µg (5.6%), Vitamin E: 0.84mg (5.58%), Vitamin K: 5.62µg (5.35%), Potassium: 147.38mg (4.21%), Vitamin B3: 0.53mg (2.65%), Vitamin B1: 0.04mg (2.47%), Vitamin B2: 0.04mg (2.32%), Magnesium: 9.25mg (2.31%), Copper: 0.04mg (2.02%), Phosphorus: 19.88mg (1.99%), Vitamin B5: 0.16mg (1.58%), Calcium: 14.74mg (1.47%), Zinc: 0.16mg (1.06%)