



HEALTH SCORE

57%

Vegan Pizza Pocket



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups baby spinach leaves fresh
- ☐ 4 Oz button/cremini mushroom white sliced
- ☐ 2 Tablespoons olive oil extra virgin
- ☐ 4 garlic finely chopped
- ☐ 8 Slices onion thin (I Cut Them Into Strips)
- ☐ 1 Oz pizza crust refrigerated (I Used Pillsbury Pizza Crust Classic)
- ☐ 4 servings salt and pepper to taste

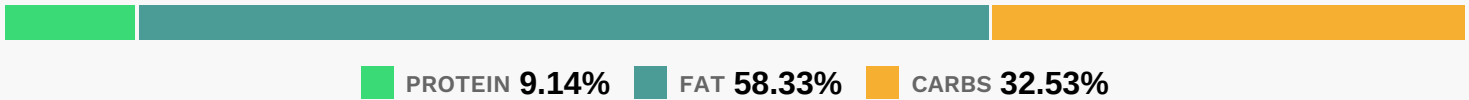
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425F (220C) for 15 minutes.Grease a baking sheet.Unroll the dough on the prepared baking sheet and adjust it to fit the sheet.
- ☐ Cut it into 4 rectangles.
- ☐ Sprinkle the chopped garlic evenly over the rectangles.Top each rectangle with 1 cup of spinach, 2 onion slices or 1/4th of the onion strips and 1/4 of the thinly sliced mushrooms.
- ☐ Drizzle with 1/2 tablespoon of oil on each rectangle and sprinkle salt and pepper as per your taste.Now roll each rectangle either horizontally or vertically whichever seems easy for you and pinch the ends to close the pockets.
- ☐ Bake on the middle rack for 10–12 minutes or until it is golden brown.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:14.012173866448%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg, Quercetin: 6.93mg

Nutrients (% of daily need)

Calories: 108.12kcal (5.41%), Fat: 7.41g (11.4%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.82g (2.84%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 272.2mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin K: 149.28µg (142.17%), Vitamin A: 2813.93IU (56.28%), Manganese: 0.4mg (19.81%), Folate: 70.7µg (17.67%), Vitamin C: 11.44mg (13.86%), Vitamin B2: 0.21mg (12.15%), Selenium: 8.24µg (11.77%), Vitamin E: 1.63mg (10.85%), Copper: 0.2mg (10.04%), Potassium: 347.43mg (9.93%), Vitamin B6: 0.16mg (8.02%), Magnesium: 29.81mg (7.45%), Iron: 1.27mg (7.05%), Vitamin B3: 1.35mg (6.74%), Phosphorus: 61.43mg (6.14%), Fiber: 1.48g (5.9%), Vitamin B5: 0.5mg (4.97%), Calcium: 46.86mg (4.69%), Vitamin

B1: 0.07mg (4.61%), Zinc: 0.55mg (3.69%)