



## Vegetable Pizza Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup baby arugula
- ☐ 0.3 cup cheese crumbles blue
- ☐ 1 tablespoon olive oil
- ☐ 1 onion sliced
- ☐ 4 sheets dough frozen thawed
- ☐ 0.3 cup roasted peppers jarred sliced
- ☐ 0.3 cup sun-dried olives chopped

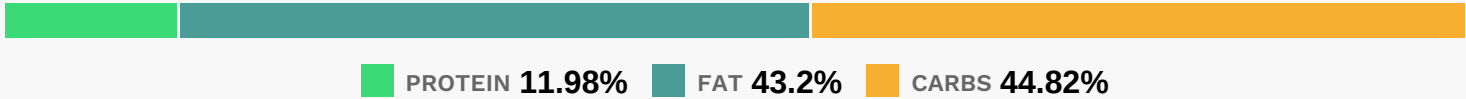
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Preheat oven to 35
- ☐ Heat a nonstick skillet over medium-high heat; add olive oil to pan.
- ☐ Place onion in pan; saut until caramelized (20-25 minutes), stirring frequently.
- ☐ Cut 4 sheets phyllo dough in half. Lightly coat 1 piece with cooking spray; place on baking sheet coated with cooking spray.
- ☐ Place another phyllo half on top of the first; coat with cooking spray. Repeat until all sheets are stacked and coated.
- ☐ Bake until golden and crispy (10-12 minutes); cool. Top phyllo with blue cheese crumbles, sauted onion, roasted bell peppers, and chopped sun-dried tomatoes. Top with baby arugula.
- ☐ Cut into 8 slices; serve.

## Nutrition Facts



## Properties

Glycemic Index:38.5, Glycemic Load:5.19, Inflammation Score:-4, Nutrition Score:6.7808695474397%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

## Nutrients (% of daily need)

Calories: 149kcal (7.45%), Fat: 7.34g (11.3%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 15.29g (5.56%), Sugar: 3.88g (4.31%), Cholesterol: 6.33mg (2.11%), Sodium: 357.72mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Manganese: 0.28mg (14.01%), Vitamin C: 10.53mg (12.76%), Vitamin B1: 0.16mg (10.55%), Potassium: 337.92mg (9.65%), Selenium: 6.21µg (8.87%), Folate: 33.95µg

(8.49%), Vitamin B2: 0.14mg (8.45%), Phosphorus: 82.99mg (8.3%), Vitamin K: 8.58µg (8.17%), Iron: 1.47mg (8.16%), Vitamin B3: 1.59mg (7.93%), Fiber: 1.85g (7.42%), Copper: 0.15mg (7.4%), Calcium: 69.35mg (6.93%), Magnesium: 23.34mg (5.83%), Vitamin B6: 0.1mg (4.91%), Vitamin A: 245.01IU (4.9%), Vitamin B5: 0.4mg (3.96%), Vitamin E: 0.56mg (3.71%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.1µg (1.72%)