



Veggie Pizza

READY IN



24 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup mushrooms fresh sliced
- 1 small onion sliced
- 0.5 cup pepper strips green
- 0.5 cup pepper strips red
- 1 ready-to-use baked pizza crust
- 0.5 cup classico pizza sauce traditional
- 1.3 cups milk mozzarella cheese shredded 2% kraft

Equipment

baking sheet

oven

Directions

Heat oven to 450F.

Place crust on baking sheet; spread with pizza sauce.

Top with vegetables and cheese.

Bake 12 to 14 min. or until cheese is melted and crust is golden brown.

Nutrition Facts



PROTEIN 18.13% **FAT 27.91%** **CARBS 53.96%**

Properties

Glycemic Index:7.21, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:1.9365217614433%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 67.2kcal (3.36%), Fat: 2.1g (3.23%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.6g (3.13%), Sugar: 0.9g (1%), Cholesterol: 4.61mg (1.54%), Sodium: 148.8mg (6.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin C: 7.13mg (8.64%), Calcium: 46.49mg (4.65%), Vitamin A: 170.27IU (3.41%), Iron: 0.57mg (3.19%), Phosphorus: 27.74mg (2.77%), Vitamin B2: 0.04mg (2.36%), Vitamin B12: 0.13µg (2.24%), Fiber: 0.53g (2.13%), Selenium: 1.41µg (2.02%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.22mg (1.46%), Potassium: 48.55mg (1.39%), Vitamin B3: 0.25mg (1.25%), Copper: 0.02mg (1.15%), Manganese: 0.02mg (1.01%)