



Veggie Pizza Minis

READY IN



40 min.

SERVINGS



6

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.3 cup basil leaves fresh shredded
- 3 cups eggplant diced
- 3 muffins english sliced in 1/2
- 2 tablespoons olive oil extra virgin
- 0.3 cup feta cheese crumbled
- 0.8 cup grape tomatoes halved
- 0.5 cup mozzarella cheese grated
- 6 servings salt and pepper

- 0.8 teaspoon greek seasoning
- 0.3 vidalia onion sliced
- 1 small baby squash yellow thinly sliced
- 1 small zucchini grated

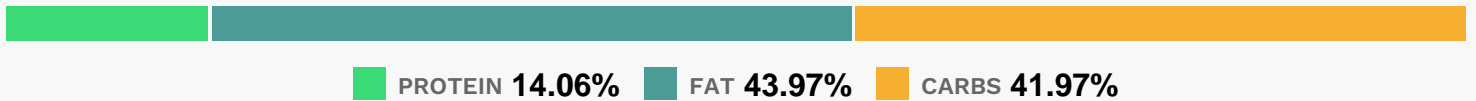
Equipment

- frying pan
- oven

Directions

- Preheat oven to 400 degrees F.
- Heat 1 tablespoon of olive oil in a skillet and add tomatoes. Cook until tomatoes are softened.
- Add salt, to taste.
- Spoon cooked tomatoes evenly over English muffin halves. In a skillet, saute eggplant and onions in 1 tablespoon of olive oil.
- Add squash and zucchini and cook until tender. Do not over cook, since they will cook some more in the oven.
- Add salt and pepper to taste. Spoon sauteed vegetables evenly over the tomatoes.
- Sprinkle each mini pizza with balsamic vinegar. Top with mozzarella and feta cheese.
- Sprinkle pizza with Greek seasoning and basil.
- Bake 25 minutes, or until cheese is melted and crust is lightly browned.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:10.39, Inflammation Score:-5, Nutrition Score:8.5139129978159%

Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 187.03kcal (9.35%), Fat: 9.31g (14.32%), Saturated Fat: 3.1g (19.42%), Carbohydrates: 19.99g (6.66%), Net Carbohydrates: 16.95g (6.16%), Sugar: 4.08g (4.53%), Cholesterol: 14.79mg (4.93%), Sodium: 485.27mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Manganese: 0.35mg (17.46%), Vitamin K: 15.54µg (14.8%), Vitamin C: 11.2mg (13.58%), Phosphorus: 133.99mg (13.4%), Calcium: 129.94mg (12.99%), Vitamin B2: 0.21mg (12.5%), Fiber: 3.04g (12.15%), Folate: 41.41µg (10.35%), Vitamin B6: 0.2mg (10.06%), Potassium: 320.68mg (9.16%), Vitamin A: 404.87IU (8.1%), Vitamin B1: 0.12mg (7.7%), Vitamin E: 1.1mg (7.33%), Magnesium: 27.98mg (6.99%), Zinc: 0.97mg (6.5%), Vitamin B12: 0.37µg (6.08%), Copper: 0.12mg (6.07%), Vitamin B3: 1.16mg (5.78%), Iron: 0.98mg (5.42%), Selenium: 3.14µg (4.48%), Vitamin B5: 0.44mg (4.45%)