



Veggie Ranch Pizza

READY IN



30 min.

SERVINGS



10

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup broccoli fresh chopped
- 0.5 cup carrots shredded
- 0.5 cup cauliflower chopped
- 0.5 cup mushrooms fresh sliced
- 0.5 cup onion chopped
- 1 unbaked pizza crust
- 0.5 cup bell pepper red chopped
- 1.5 cups salad dressing ranch-style
- 2 cups cheddar cheese shredded

1 pound mozzarella cheese shredded

Equipment

baking sheet

oven

pizza pan

Directions

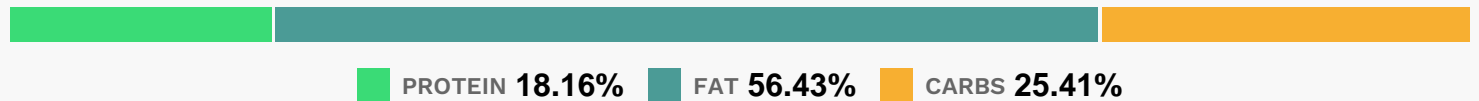
Preheat oven to 350 degrees F (175 degrees C).

Place pizza crust on a pizza pan or baking sheet, and spread dressing evenly over the top.

Sprinkle with Cheddar cheese, followed by carrots, cauliflower, broccoli, onion, red pepper, and mushrooms. Top with mozzarella cheese.

Bake in preheated oven for 15 to 20 minutes, until vegetables are tender, and cheese is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:25.58, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:12.690869611243%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 432.45kcal (21.62%), Fat: 27.15g (41.77%), Saturated Fat: 12.27g (76.67%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.18g (9.52%), Sugar: 6.17g (6.85%), Cholesterol: 58.43mg (19.48%), Sodium: 1000.46mg (43.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.31%), Calcium: 437.21mg (43.72%), Vitamin A: 1875.79IU (37.52%), Phosphorus: 285.1mg (28.51%), Vitamin K: 27.83µg (26.51%), Selenium: 15.45µg (22.07%), Vitamin B12: 1.28µg (21.26%), Vitamin C: 17.08mg (20.71%), Vitamin B2: 0.27mg (15.75%), Zinc: 2.28mg (15.22%), Iron: 1.55mg (8.61%), Vitamin E: 1.23mg (8.19%), Vitamin B6: 0.12mg (5.85%), Magnesium: 21.5mg (5.38%), Fiber: 1.33g (5.33%), Folate: 20.52µg (5.13%), Potassium: 173.48mg (4.96%), Manganese: 0.07mg (3.69%), Vitamin B5: 0.34mg

(3.39%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.48mg (2.38%), Copper: 0.05mg (2.29%), Vitamin D: 0.33µg (2.18%)