



Veggie White Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings vegetables: asparagus green
- ☐ 2 servings pepper white black to taste
- ☐ 0.5 cup coconut milk beverage unsweetened
- ☐ 1 tablespoon dairy-free margarine
- ☐ 1 small garlic clove finely minced
- ☐ 1.5 tablespoons flour gluten-free all-purpose (or)
- ☐ 2 servings optional: vegan meat substitutes such as bacon or ham
- ☐ 0.3 teaspoon ground oregano to taste

- ☐ 0.3 cup vegan parmesan (such as Go Veggie! brand)
- ☐ 0.1 teaspoon salt
- ☐ 1 oz vegan mozzarella cheese shredded (such as Daiya)

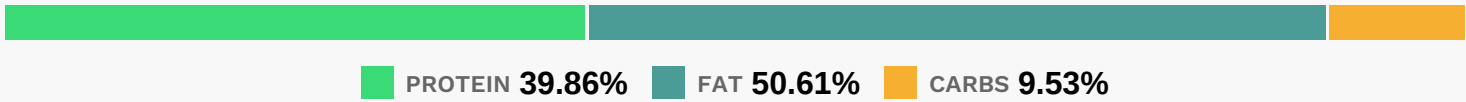
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Preheat oven to 475°F. In a small saucepan, melt margarine.
- ☐ Add the flour and stir until mixed, making certain to scrape all the flour/butter mixture from the bottom–sides of the pan. Very slowly add the coconut milk beverage, whisking it into the flour/butter. Stir in the garlic (if using), oregano, salt, and pepper. Bring the mixture to a slow boil, reduce the heat and simmer, stirring often, until it thickens. Stir in the vegan parmesan.
- ☐ Remove from the heat. Evenly spread the white sauce over the unbaked pizza crust. Top with your favorite vegetables. (I have used asparagus, black olives, mushrooms, onions) Top with any vegetarian meat substitute, if using, such as bacon or ham.
- ☐ Sprinkle mozzarella over the entire pizza (a lot or a little, this is your pizza)
- ☐ Place on the middle shelf of a preheated oven and bake for about 15–18 minutes to brown the bottom. Move it to the top shelf for another 10–15 minutes, or until the cheese begins to brown. When done, remove pizza from the pan onto a cutting board. Slice and enjoy hot.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.26, Inflammation Score:-7, Nutrition Score:27.134782744491%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 557.61kcal (27.88%), Fat: 31.16g (47.94%), Saturated Fat: 18.19g (113.66%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 10.16g (3.69%), Sugar: 2.33g (2.59%), Cholesterol: 153.14mg (51.05%), Sodium: 804.16mg (34.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.43%), Vitamin B3: 24.1mg (120.49%), Selenium: 79.16µg (113.09%), Vitamin B6: 1.75mg (87.4%), Phosphorus: 628.34mg (62.83%), Manganese: 0.71mg (35.58%), Vitamin B5: 3.4mg (34.01%), Potassium: 1020.14mg (29.15%), Magnesium: 89.45mg (22.36%), Calcium: 194.89mg (19.49%), Vitamin B2: 0.27mg (16.14%), Iron: 2.73mg (15.14%), Zinc: 2.11mg (14.06%), Vitamin E: 1.96mg (13.06%), Copper: 0.25mg (12.54%), Fiber: 3.04g (12.16%), Vitamin B1: 0.17mg (11.36%), Vitamin B12: 0.6µg (10.03%), Vitamin A: 444.7IU (8.89%), Vitamin C: 5.34mg (6.47%), Vitamin K: 6.61µg (6.29%), Folate: 20.87µg (5.22%), Vitamin D: 0.29µg (1.92%)