



Zucchini-roni Pizza

READY IN



20 min.

SERVINGS



2

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings coarse salt
- 0.5 pound mozzarella cheese smoked fresh sliced thin
- 2 cloves garlic minced
- 1 teaspoon penzey's southwest seasoning dried italian
- 1 tablespoon a drizzle olive oil extra-virgin
- 1 crust packaged pizza shell thin
- 1 teaspoon pepper flakes red crushed
- 14 ounce roasted peppers red homemade
- 0.5 medium zucchini very thin sliced (think of pepperoni slices as a guideline)

Equipment

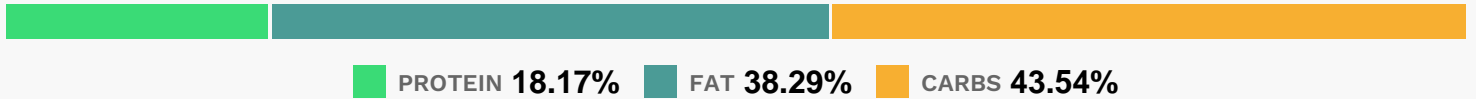
- food processor
- bowl
- baking sheet
- paper towels
- oven
- pizza pan
- grill
- broiler
- stove

Directions

- Preheat oven to 400 degrees F.
- If you are using jarred red peppers, drain them very well and pat peppers dry with paper towels.
- Place peppers in a food processor and pulse-grind into a paste.
- Spread paste in a thin layer on a thin crust shell. Top paste with thin slices of smoked fresh mozzarella cheese.
- Place very thinly sliced zucchini discs in a small bowl and combine with remaining ingredients. Toss discs well to evenly coat with seasonings. The zucchini discs will have a flavor similar to pepperoni. You have just made zucchini-roni!
- Arrange your zucchini-roni slices around your pie: as little or as much as you like, but do not overlap slices or your pie will be wet.
- Bake directly on oven rack or on a preheated, perforated pizza pan.
- Bake 10 minutes on the middle rack of preheated oven or, until cheese is bubbly and golden and edges of pizza are crisp.
- Tidbits: How to roast red peppers: To roast in your oven, preheat broiler to highest setting. Halve red peppers and rip out seeds.
- Place pepper halves, skin side up, on a cookie sheet. Broil peppers until the skins are completely black. Leave the oven door ajar while peppers roast to let steam escape.

- Place blackened peppers in a large brown paper sack and close tightly.
- Let peppers stand 10 minutes or until cool enough to handle. Peel skins away from red pepper flesh, and discard skins. To roast peppers on the outdoor grill, leave peppers whole and roast covered over high heat on a gas stove or close to coals. Follow above method to peel.
- If your market does not carry smoked fresh mozzarella cheese, you can substitute 1 1/2 cups of shredded smoked Gouda (the yield of grating about 8 ounces of cheese).

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:26.3539131517%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 990.24kcal (49.51%), Fat: 42.36g (65.17%), Saturated Fat: 20.6g (128.72%), Carbohydrates: 108.4g (36.13%), Net Carbohydrates: 102.19g (37.16%), Sugar: 4.3g (4.78%), Cholesterol: 90.07mg (30.02%), Sodium: 4696.73mg (204.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.24g (90.48%), Vitamin C: 93.24mg (113.02%), Calcium: 858.99mg (85.9%), Phosphorus: 450.98mg (45.1%), Iron: 8.11mg (45.06%), Vitamin B12: 2.59µg (43.2%), Vitamin A: 2112.27IU (42.25%), Selenium: 20.69µg (29.56%), Zinc: 3.79mg (25.24%), Fiber: 6.21g (24.83%), Manganese: 0.47mg (23.6%), Vitamin B2: 0.4mg (23.51%), Vitamin B6: 0.47mg (23.28%), Copper: 0.3mg (14.82%), Vitamin K: 14.18µg (13.5%), Magnesium: 49.54mg (12.39%), Potassium: 421.52mg (12.04%), Vitamin E: 1.79mg (11.97%), Folate: 42.45µg (10.61%), Vitamin B3: 1.42mg (7.09%), Vitamin B1: 0.1mg (6.35%), Vitamin D: 0.46µg (3.07%), Vitamin B5: 0.28mg (2.77%)