



Zucchini, Scallion and Parmesan Pizza

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



356 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 servings flour all-purpose
- ☐ 2 tablespoons mint leaves fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.8 ounce savory vegetable shaved with a vegetable peeler
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pizza dough whole-wheat room temperature
- ☐ 0.1 teaspoon salt
- ☐ 4 spring onion thinly sliced

☐ 2 small zucchini trimmed very thin cut into rounds

Equipment

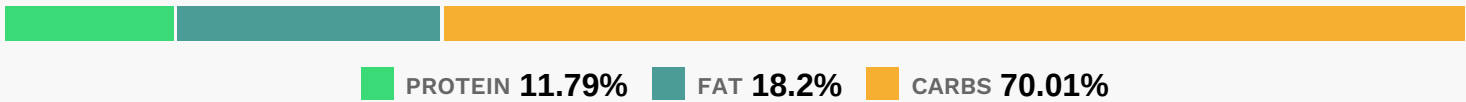
☐ baking sheet

☐ oven

Directions

- ☐ Place an oven rack on lowest position and preheat to 500F.
- ☐ On a lightly floured surface, roll dough into a 14-inch square. Generously sprinkle a baking sheet with cornmeal.
- ☐ Place dough on sheet.
- ☐ Drizzle 1 1/2 tsp. oil and scatter scallions on dough, leaving a 1/2-inch border. Top with zucchini and sprinkle with salt and pepper.
- ☐ Bake until crust is crisp, about 13minutes. Top with Parmesan and drizzle with remaining oil.
- ☐ Cut into 8slices. Top with mint.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:4.74, Inflammation Score:-5, Nutrition Score:7.4273913528608%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 356.38kcal (17.82%), Fat: 7.35g (11.31%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 60.42g (21.97%), Sugar: 8.81g (9.78%), Cholesterol: 0mg (0%), Sodium: 902.69mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Vitamin K: 29.61µg (28.2%), Iron: 4.01mg

(22.27%), Vitamin C: 14.16mg (17.17%), Fiber: 3.23g (12.94%), Vitamin A: 614.1IU (12.28%), Manganese: 0.23mg (11.27%), Folate: 39.97µg (9.99%), Vitamin B1: 0.1mg (6.71%), Vitamin B2: 0.11mg (6.67%), Potassium: 221.51mg (6.33%), Vitamin B6: 0.12mg (5.76%), Magnesium: 18.05mg (4.51%), Vitamin B3: 0.88mg (4.41%), Vitamin E: 0.65mg (4.31%), Phosphorus: 40.02mg (4%), Selenium: 2.76µg (3.94%), Copper: 0.07mg (3.3%), Calcium: 26.97mg (2.7%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.18mg (1.8%)