



Zucchini Zen Garden Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz uncook pizza crust refrigerated thin canned
- 0.3 cup tomato sauce
- 0.3 cup basil pesto
- 8 oz mozzarella fresh sliced
- 0.5 cup corn frozen cooked drained (from 12-oz bag)
- 0.5 cup cherry tomatoes cut in half
- 1 cup zucchini thinly sliced
- 1 cup turkey sausage italian crumbled cooked
- 0.3 cup onion red thinly sliced

- 1 serving salt and pepper to taste
- 0.3 cup parmesan shredded grated
- 1 leaves basil fresh chopped

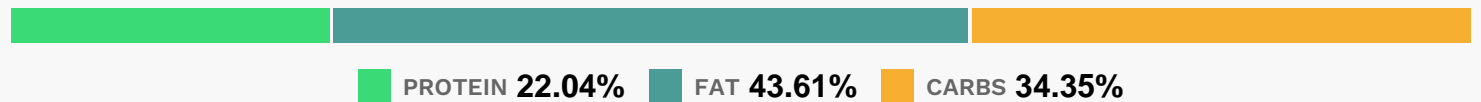
Equipment

- baking sheet
- baking paper
- oven

Directions

- Heat oven to 400°F. Line cookie sheet with cooking parchment paper. Unroll crust on cookie sheet.
- Spoon dollops of pizza sauce and pesto over crust; spread to cover crust with blend of sauces. Top with mozzarella cheese, corn, tomatoes, zucchini, sausage and onion.
- Sprinkle with salt, pepper and Parmesan cheese.
- Bake 15 to 18 minutes or until crust edges are golden brown. Cool slightly before cutting.
- Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:0.64, Inflammation Score:-6, Nutrition Score:12.168260900871%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 398.13kcal (19.91%), Fat: 19.38g (29.82%), Saturated Fat: 8.88g (55.5%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.11g (11.68%), Sugar: 4.27g (4.75%), Cholesterol: 54.42mg (18.14%), Sodium: 1126.57mg (48.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.04g (44.08%), Iron: 5.83mg (32.38%), Calcium:

320.73mg (32.07%), Phosphorus: 263.7mg (26.37%), Vitamin C: 20.73mg (25.13%), Selenium: 16.43µg (23.46%), Vitamin B12: 1.08µg (18.02%), Zinc: 2.27mg (15.15%), Vitamin A: 704.5IU (14.09%), Vitamin B2: 0.23mg (13.63%), Vitamin B6: 0.25mg (12.71%), Vitamin B3: 2mg (10%), Fiber: 2.25g (9.01%), Potassium: 271.98mg (7.77%), Magnesium: 30.74mg (7.69%), Manganese: 0.13mg (6.51%), Vitamin B5: 0.52mg (5.25%), Folate: 20.41µg (5.1%), Vitamin B1: 0.07mg (4.96%), Copper: 0.09mg (4.56%), Vitamin K: 2.83µg (2.7%), Vitamin E: 0.32mg (2.16%), Vitamin D: 0.17µg (1.15%)