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## Garden Fresh Pizza ♦

Garden Fresh Pizza is a delicious and healthy pizza made with fresh vegetables and herbs. It is a perfect choice for those who love pizza but want to enjoy a lighter and more nutritious version. The pizza is topped with a variety of garden-fresh vegetables like tomatoes, bell peppers, mushrooms, onions, and olives. The crust is made with whole wheat flour, which adds fiber and nutrients to the dish. This pizza is a great option for lunch or dinner and can be enjoyed by the whole family.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	whole wheat pizza dough
200 g	Tomatoes
100 g	Bell peppers

100 g	Mushrooms
50 g	Onions
50 g	Olives
20 g	olive oil
5 g	garlic
10 g	Basil
5 g	salt
2 g	pepper
100 g	cheese (optional)

## Directions

### Step 1

#### Preheating

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Rolling

Roll out the pizza dough on a floured surface to your desired thickness.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Transfer

Transfer the rolled-out dough to a baking sheet or pizza stone.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 4

Brushing

Brush the dough with olive oil and sprinkle with minced garlic.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 5

Spreading

Spread the sliced tomatoes, bell peppers, mushrooms, onions, and olives evenly on top of the dough.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

### Seasoning

Season with salt, pepper, and chopped basil.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

### Baking

Bake in the preheated oven for 12-15 minutes, or until the crust is golden brown and the vegetables are cooked.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 8

### Sprinkling

If desired, sprinkle grated cheese on top of the pizza during the last 2 minutes of baking.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 9

### Cooling

Remove from the oven and let it cool for a few minutes before slicing and serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 220 kcal

**Fat:** 5 g

**Protein:** 8 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	35 g	63.64%	70%
Fibers	6 g	15.79%	24%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Barbecue

### Cuisines

Italian Chinese Mediterranean American

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free

### Kitchen Tools

Blender Slow Cooker

## Course

Salads

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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