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## California Veggie Pizza ♦

A delicious vegetarian pizza with a California twist. Topped with fresh vegetables and a flavorful sauce, this pizza is perfect for a meatless meal.

**Recipe Type:** Vegetarian

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

500 g	original crust
1 c	Tomato sauce
200 g	Mozzarella Cheese
100 g	Red Bell Pepper
100 g	yellow bell pepper
50 g	red onion

<b>100 g</b>	Mushrooms
<b>50 g</b>	Black Olives
<b>50 g</b>	spinach
<b>2 tbsp</b>	Olive oil
<b>2 cloves</b>	garlic
<b>10 g</b>	Basil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Stove

In a small saucepan, heat the olive oil over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add the tomato sauce, basil, salt, and pepper. Simmer for 10 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Spread the tomato sauce evenly over the pizza crust. Top with mozzarella cheese, bell peppers, red onion, mushrooms, black olives, and spinach.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Oven

Bake in the preheated oven for 15-20 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 5

Remove from the oven and let cool for a few minutes. Slice and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 10 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Cuisines

Italian Chinese Mexican Thai Mediterranean Spanish American

### Nutritional Content

High Protein Low Fat Low Carb Low Sodium High Iron

### Kitchen Tools

Blender

### Course

Side Dishes Salads Soups Sauces & Dressings

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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