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## Medium 12" Veggie Thin Crust Pizza

This recipe is for a delicious medium-sized 12" veggie thin crust pizza. It is a vegetarian option that is perfect for a healthy and flavorful meal. The pizza is topped with a variety of fresh vegetables, providing a burst of flavors and nutrients. The thin crust is crispy and light, making it a perfect base for the toppings. This recipe is easy to make and is a great option for a quick and satisfying dinner.

**Recipe Type:** Vegetarian

**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

<b>300 g</b>	Pizza Dough
<b>150 g</b>	tomato sauce
<b>200 g</b>	Mozzarella Cheese

100 g	Bell peppers
75 g	Red Onions
75 g	Mushrooms
50 g	Black Olives
50 g	spinach
5 g	Oregano
5 g	Salt
5 g	Pepper

## Directions

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### Step 1

Oven

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Roll out the pizza dough on a floured surface to a 12" diameter.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 4

Spread the tomato sauce evenly over the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 5

Sprinkle the mozzarella cheese over the sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 6

Top the pizza with bell peppers, red onions, mushrooms, black olives, and spinach.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 7

Sprinkle oregano, salt, and pepper over the toppings.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 8

Oven

Bake the pizza in the preheated oven for 12-15 minutes, or until the crust is golden and the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 9

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 14 g

**Protein:** 10 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
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	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	14 g	50%	56%
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	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian Chinese American

### Course

Salads Sauces & Dressings

### Cooking Method

Steaming Cutting Serving Cooking None Stir-frying Mashing  
Sprinkling Heating Refrigerating Oven

### Healthy For

Gastroesophageal reflux disease (GERD) Celiac disease Gallstones Hepatitis

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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