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Large Fit'N Delicious Lower Fat Pizzas ♦

This recipe is for large Fit'N Delicious lower fat pizzas topped with green peppers, red onions, and diced red tomatoes. It is a healthy and delicious option for pizza lovers. The pizzas are made with a lower fat crust and topped with fresh and flavorful ingredients. They are perfect for a quick and easy dinner or a fun and healthy party snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

400 g	large fit'n delicious lower fat pizza crust
200 g	Green Peppers
150 g	Red Onions
200 g	diced red tomatoes

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the Fit'N Delicious pizza crust on a baking sheet.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spread a thin layer of diced red tomatoes on the crust.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Top with green peppers and red onions.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Oven

Bake in the preheated oven for 15-20 minutes, or until the crust is golden brown and the toppings are cooked.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 30 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)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
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	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Low Fat

Kitchen Tools

Blender

Grill

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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