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## Mini Flatbread Pizza · ·

Mini flatbread pizzas are a delicious and easy-to-make snack or appetizer. They are made with a thin and crispy flatbread crust, topped with flavorful tomato sauce, cheese, and your favorite toppings. These mini pizzas are perfect for parties, game nights, or anytime you're craving a tasty bite. Enjoy them hot and fresh out of the oven!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

<b>150 g</b>	flatbread
<b>100 g</b>	Tomato sauce
<b>100 g</b>	Cheese
<b>50 g</b>	toppings (e.g., pepperoni, mushrooms, bell peppers, etc.)

# Directions

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## Step 1

### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Oven

Place the flatbread on a baking sheet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Spread tomato sauce evenly over the flatbread.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Sprinkle cheese on top of the tomato sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Add your favorite toppings.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Baking

Bake in the preheated oven for 10-15 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Cut

Cut into smaller pieces, if desired, and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 5 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	15 g	27.27%	30%
Fibers	1 g	2.63%	4%
Sugars	2 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	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Picnic

### Course

Salads

Appetizers

Snacks

### Meal Type

Breakfast

Snack

Lunch

Supper

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Cultural

Chinese New Year

### Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

### Difficulty Level

Easy

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