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## Guacamole Pizza ♦

Guacamole Pizza is a delicious variation of traditional pizza that features a creamy guacamole spread instead of tomato sauce. It is topped with a variety of fresh vegetables and cheese, creating a flavorful and satisfying meal. This recipe is perfect for those who love both pizza and guacamole, and it can be enjoyed as a main dish or as a party appetizer.

**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

<b>500 g</b>	Pizza Dough
<b>300 g</b>	ripe avocados
<b>2 tbsp</b>	Lime juice
<b>2 cloves</b>	garlic

1 tsp	Salt
0.5 tsp	Black pepper
50 g	red onion
100 g	Tomato
100 g	Red Bell Pepper
100 g	yellow bell pepper
100 g	Green Bell Pepper
50 g	Black Olives
200 g	Mozzarella Cheese
20 g	fresh cilantro

## Directions

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### 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

Mashing

In a bowl, mash the ripe avocados with lime juice, garlic, salt, and black pepper to make guacamole.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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### Step 5

Spreading

Spread the guacamole evenly over the pizza dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

### Topping

Top the guacamole with sliced red onion, tomato, red bell pepper, yellow bell pepper, green bell pepper, black olives, and mozzarella cheese.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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## Step 7

### Baking

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

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 8

### Sprinkling

Remove the pizza from the oven and sprinkle with fresh cilantro.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

### Serving

Let the pizza cool for a few minutes, then slice and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 g

**Protein:** 9 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	7 g	18.42%	28%
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	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	10 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	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	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

Chinese

Mexican

### Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Atkins Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet South Beach Diet Zone Diet Ornish Diet  
Nutrisystem Diet TLC Diet (Therapeutic Lifestyle Changes) Nordic Diet  
Okinawa Diet Alkaline Diet Macrobiotic Diet Intermittent Fasting 5:2 Diet  
16:8 Diet Warrior Diet OMAD (One Meal a Day) Diet Body for Life Diet  
Low FODMAP Diet Slow Carb Diet Vegetarian Diet Vegan Diet  
Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet Lacto-Vegetarian Diet  
Lacto-Ovo Vegetarian Diet Fruitarian Diet Engine 2 Diet Blood Type Diet  
Ayurvedic Diet Traditional Chinese Medicine (TCM) Diet The Acid Reflux Diet  
Gluten-Free Diet Low Glycemic Index Diet Low Sodium Diet  
The Fast Metabolism Diet Nutrient Timing Diet The 80/10/10 Diet  
The Gerson Therapy The Swiss Secret Diet The Scarsdale Diet  
The Cabbage Soup Diet The Hallelujah Diet The Mayo Clinic Diet  
The Beverly Hills Diet The Hollywood Diet The Lemonade Diet  
The Grapefruit Diet The Rice Diet The Sleeping Beauty Diet  
The Baby Food Diet The 3-Hour Diet The French Women Don't Get Fat Diet  
The Cookie Diet The F-Plan Diet The Israeli Army Diet The Air Diet  
The Breatharian Diet The Werewolf Diet The Five-Bite Diet  
The Negative Calorie Diet The Ice Cream Diet The Master Cleanse Diet  
The Subway Diet The SlimFast Diet The Cambridge Diet The Shangri-La Diet  
The Best Life Diet The 3-Day Diet The CICO (Calories In, Calories Out) Diet  
The Eat-Clean Diet The Peanut Butter Diet The Bulletproof Diet  
The Carnivore Diet The Dukan Diet The HCG Diet The Optavia Diet  
The Pritikin Diet The Starch Solution Diet The Vertical Diet The GOLO Diet  
The Gut and Psychology Syndrome (GAPS) Diet  
The Specific Carbohydrate Diet (SCD) The Anti-Candida Diet The Dr. Sebi Diet  
The Crohn's Disease Diet The Ulcerative Colitis Diet The Low-Residue Diet  
The BRAT Diet (Bananas, Rice, Applesauce, Toast)  
The GERD Diet (Gastroesophageal Reflux Disease)



The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet    The IBS (Irritable Bowel Syndrome) Diet

The Salicylate Sensitivity Diet    The Low Oxalate Diet    The Diabetes Diet

The Hypothyroidism Diet    The Hyperthyroidism Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)    The Parkinson's Disease Diet

The Multiple Sclerosis (MS) Diet    The Fibromyalgia Diet

The Chronic Fatigue Syndrome Diet    The Arthritis Diet    The Osteoporosis Diet

The Heart-Healthy Diet    The Non-Alcoholic Fatty Liver Disease (NAFLD) Diet

The Low Purine Diet    The High-Fiber Diet    The Low-Fat Diet

The High-Protein Diet    The Low-Protein Diet    The High-Calcium Diet

The High-Potassium Diet    The Low-Potassium Diet    The High-Iron Diet

The Low-Iron Diet    The Low-Phosphorus Diet    The High-Vitamin D Diet

The High-Vitamin C Diet    The High-Vitamin K Diet    The Low-Vitamin K Diet

The Low-Copper Diet    The Spring Detox Diet    The Summer Weight Loss Diet

The Fall Immunity-Boosting Diet    The Winter Warming Diet    The Low-Sulfur Diet

The High-Sulfur Diet    The Eczema Diet    The Psoriasis Diet    The Rosacea Diet

The Acne Diet    The Migraine Diet    The Celiac Disease Diet

The Gallbladder Diet    The Kidney Stone Diet    The Anti-Anxiety Diet

The Depression Diet    The Adrenal Fatigue Diet    The Endometriosis Diet

The Hashimoto's Disease Diet    The Lyme Disease Diet    The Diverticulitis Diet

The Restless Leg Syndrome Diet    The Tinnitus Diet    The Interstitial Cystitis Diet

The Gastroparesis Diet    The Menopause Diet    The Post-Pregnancy Diet

The Fertility Diet    The Breastfeeding Diet    The Low-Nickel Diet

The Chronic Urticaria Diet    The Dysphagia Diet

The Chronic Kidney Disease (CKD) Diet    The Raynaud's Disease Diet

The Sjögren's Syndrome Diet    The Low Tyramine Diet    The Lactose-Free Diet

The Fructose Malabsorption Diet    The Low-Histamine Diet

The Mast Cell Activation Syndrome (MCAS) Diet

The Irritable Larynx Syndrome (ILS) Diet    The Chronic Pancreatitis Diet

The Sarcoidosis Diet    The Leaky Gut Syndrome Diet    The Behçet's Disease Diet

The Graves' Disease Diet    The Addison's Disease Diet

The Cushing's Syndrome Diet    The Ankylosing Spondylitis Diet    The Lupus Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Eosinophilic Esophagitis (EoE) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet    The Asthma Diet

The Sinusitis Diet    The Bronchiectasis Diet    The Insomnia Diet

The Seasonal Affective Disorder (SAD) Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)    The Autism Diet

The Bipolar Disorder Diet    The Schizophrenia Diet

The Post-Traumatic Stress Disorder (PTSD) Diet    Blood Type O Diet

Blood Type A Diet    Blood Type B Diet    Blood Type AB Diet

## Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Cost

Under \$10

\$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

Heart Healthy

## Cooking Method

Grilling    Frying    Baking    Boiling    Steaming    Microwaving    Blanching  
Sautéing    Roasting    Smoking    Curing    Blending    Grinding    Freezing  
Canning    Drying    Pickling    Sous Vide    Pasteurizing    Fermenting    Infusing  
Pressing    Jellying    Carbonating    Whipping    Stirring    Simmering    Cutting  
Cut    Mixing    Resting    Plating    Serving    Cooking    None    Stir-frying  
Mashing    Preheating    Sprinkling    Heating    Refrigerating    Preparation  
Cooling    Oven    Stove

### Healthy For

Gastroesophageal reflux disease (GERD)    Gastritis    Peptic ulcer disease  
Inflammatory bowel disease (IBD)    Irritable bowel syndrome (IBS)    Celiac disease  
Diverticulitis    Hemorrhoids    Appendicitis    Gallstones    Pancreatitis  
Liver disease    Gastroparesis    Gastroenteritis    Hepatitis    Colorectal cancer

### Meal Type

Lunch    Dinner    Snack

### Difficulty Level

Easy

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