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Pan Crust Pizza Veggie Topper ♦♦

This Pan Crust Pizza Veggie Topper recipe is a delicious and healthy vegetarian option for pizza lovers. The pan crust is crispy on the outside and soft on the inside, topped with a variety of fresh and flavorful vegetables. It's a perfect choice for a quick and easy weeknight dinner or a weekend gathering with friends and family.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

400 g	Pizza Dough
200 g	tomato sauce
200 g	Mozzarella Cheese
100 g	Red Bell Pepper
100 g	Green Bell Pepper

100 g	red onion
50 g	Black Olives
5 g	Oregano
5 g	Salt

Directions

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

Step 3

Pressing

Transfer the rolled-out dough to a greased baking pan and press it down to cover the bottom.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Spreading

Spread the tomato sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Topping

Top the pizza with the red bell pepper, green bell pepper, red onion, and black olives.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Sprinkling

Sprinkle oregano and salt over the toppings.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Baking

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

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Cooling

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 8 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	3 g	7.89%	12%
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	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	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Cuisines

Italian Mexican French Japanese Mediterranean German American

Meal Type

Breakfast Lunch Dinner Snack Brunch Supper

Nutritional Content

Low Calorie High Protein Low Fat

Course

Main Dishes Salads Sauces & Dressings

Difficulty Level

Medium

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