

Roasted Veggie Flatbread Pizza #000564

Ingredients

8, 6x6 flatbreads
 1 lb shredded mozzarella
 1 cup pizza sauce

1 cup diced tomatoes
 1 cup green pepper strips
 1 cup red pepper strips
 1 cup sliced yellow onion

Makes: 25-1cup servings
Prep Time:
Cooking Time:1.25 hours
Provides: 1.5m/ma 1.5G

Image



Nutrition Facts

C FlatBread, Veggie 18-19	
Nutrition Facts	
Serving Size: serving	
Servings per Container: 1	
Amount Per Serving	Calories from Fat 121
Calories: 335	
	% Daily Value*
Total Fat 13.4g	21%
Saturated Fat 7.4g	37%
Trans Fat* 0.0g	
Cholesterol 37mg	12%
Sodium 530mg	22%
Total Carbohydrate 39.8g	13%
Dietary Fiber 4.0g	16%
Protein 13.3g	26%
Vitamin A 23%	Vitamin C 249%
Calcium 9%	Iron 12%
*Percent Daily Values are provided for informational purposes only, not for monitoring purposes.	
*Percent Daily Values are based on a 2,000 calorie diet.	
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		g/f crust available
6.	Contains Soy	X		
7.	Vegetarian	X		