

VEGETABLE PIZZA



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Of Italian origin, pizza is undoubtedly a dish known worldwide. It is a flattened wheat dough on which various ingredients are placed and baked.

Adding plenty of vegetables will make this a healthier option.

Ingredients*

Pizza dough / servings	one	four	ten	formula %
● wheat flour	63 g	250 g	625 g	61.49
● warm water	30 ml	125 ml	315 ml	30.99
● sugar	2.8 g	11 g	27.5 g	2.70
● butter, unsalted	2.5 g	10 g	25 g	2.46
● yeast, dehydrated	2 g	8 g	20 g	1.97
● salt, iodized	0.4 g	1.6 g	4 g	0.39

Vegetable pizza / 110g each slice	one slice	four slices	ten slices	formula %
● pizza dough, precooked	63 g	250 g	625 g	51.87
● mushrooms, sliced	23 g	90 g	225 g	18.67
● bell pepper, sliced	10 g	40 g	100 g	8.30
● onion, sliced	10 g	40 g	100 g	8.30
● pizza tomato sauce	8 ml	32 ml	80 ml	6.64
● mozzarella cheese, grated	7.5 g	30 g	75 g	6.22

* The weight of all ingredients is given in edible portion.

Instructions

Pizza dough

- Mix yeast, flour, sugar and salt.
- Add warm water and knead until the dough does not stick and all ingredients are combined.
- Let rise for 30 minutes.
- Knead again and shape the pizza into either a circular or rectangular shape not thicker than 0.5 cm.
- Let rise for another 10 minutes.
- Bake at 190 °C for 10 minutes.

Assembly

- Spread tomato sauce on the pre-cooked pizza dough.
- Layer the vegetables and the cheese.
- Bake at 190 °C for another 8–10 minutes.
- Slice and serve.
- A circular pizza (about 30 cm in diameter) yields four servings.
- Store heated at a minimum temperature of 60 °C until serving or keep refrigerated at 4 °C or below before reheating.

Note: Tomato sauce is a critical ingredient due its sodium content, which must not exceed 300 mg/100 ml.

Nutrition facts	Per 100 g	Per serving (110 g)
Calories	223 kcal (942 kJ)	245 kcal (1036 kJ)
Protein	8.5 g	9.3 g
Total fat	3.6 g	4.0 g
Saturated fat	1.9 g	2.1 g
Trans fat	0.0 mg	0.0 mg
Available carbohydrate	39.1 g	43.0 g
Total sugars	3.2 g	3.5 g
Added sugars	2.1 g	2.3 g
Dietary fibre	0.7 g	0.8 g
Sodium	200 mg	220 mg

Allergens: Contains dairy (cheese) and gluten (pizza dough)



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The recipe is intended to be used by food businesses, concessionaries and sports event organizers.