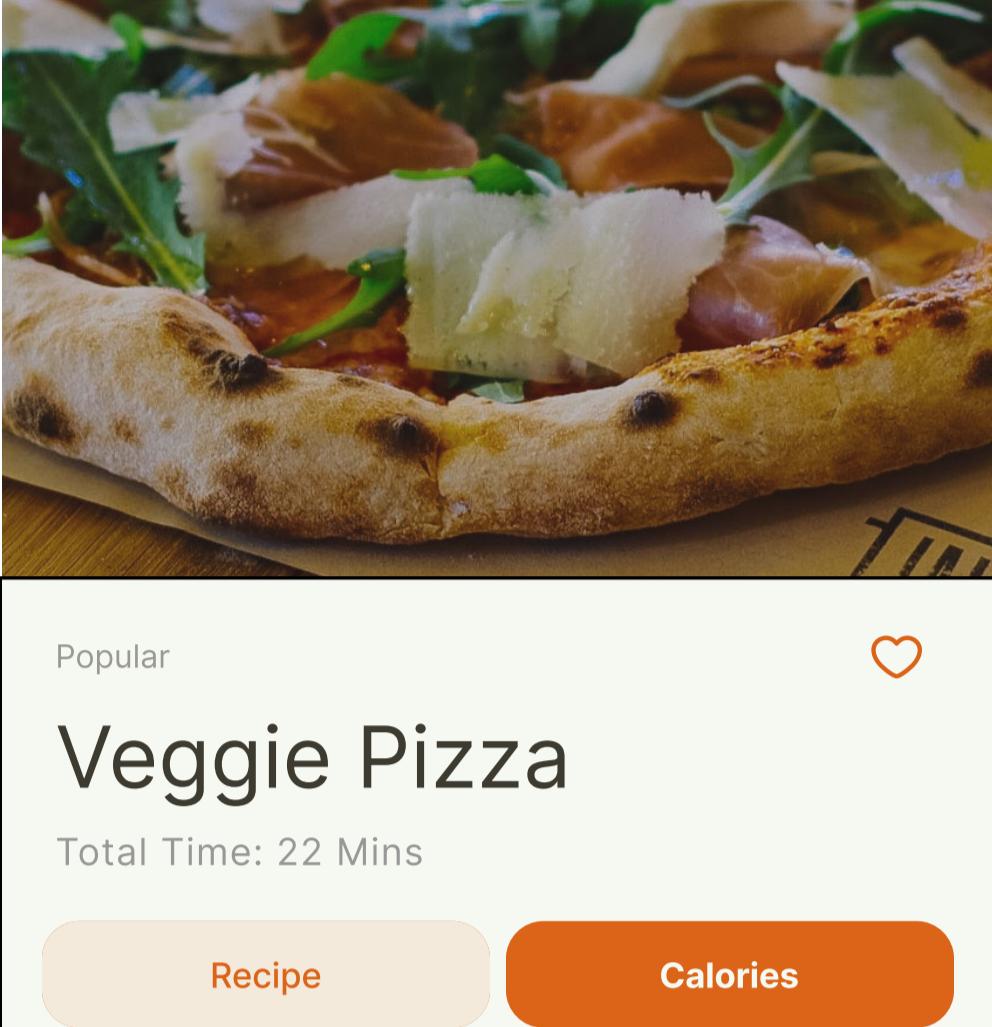


9:41



## Pizza



Popular



# Veggie Pizza

Total Time: 22 Mins

[Recipe](#)[Calories](#)

49.05kcal

11.83g  
Carbohydrate0.35g  
Protein

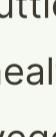
0.35g



Home



Meal Plan



Favourite



Shopping

### Nutrition Breakdown

The healthy whole wheat veggie pizza offers a nutritious twist on the classic pizza recipe, prioritizing balanced ingredients and lower saturated fat content. By substituting whole wheat flour for white flour in the crust, it significantly increases the fiber content while contributing to a slightly nuttier flavor. In place of high-fat toppings, this healthier version boasts a colorful array of vegetables, including bell peppers, mushrooms, black olives, and red onions. These vegetables not only enhance the pizza's nutritional value but also offer a burst of flavors and textures. Moreover, the use of part-skim mozzarella cheese reduces overall fat content without sacrificing the satisfying cheesy aspect of a pizza. Overall, this rendition maintains the deliciousness of pizza while aligning with health-conscious dietary choices, providing a balanced combination of carbohydrates, protein, and a variety of vitamins and minerals. In contrast, the non-healthy version of pizza often incorporates white flour, high-fat meats, and excessive cheese, which may lead to higher saturated fat and calorie content.