Dinner

Crispy Veggie Wrap Pizza

A thin wrap base bakes up crisp under tomato, melted cheddar and plenty of sliced vegetables, finished with a handful of fresh baby spinach.

25 min	339	20.6 g	15.8 g
time	calories	carbs	sugars



Nut free

Ingredients, 1 serving

- [ ] 1 low carb wrap bread
- [ ] Toppings of your choice
- [ ] ¼ cup passata or 2 tablespoons tomato paste, no added salt
- [ ] ½ small red onion, thinly sliced
- [ ] ½ red capsicum, thinly sliced
- [ ] 100 g button mushrooms, thinly sliced
- [ ] ¼ cup cheddar cheese, reduced fat, grated
- [ ] 1 handful of shredded baby spinach

Method

- [ ] **1** Heat the oven to 200°C, or 180°C if fan forced.
- [ ] **2** Lay the low carb wrap bread on a baking tray and spread the passata or tomato paste evenly over it.
- [ ] **3** Add your toppings of choice, keeping the baby spinach aside for later, arranging the thinly sliced red onion, red capsicum and button mushrooms over the sauce, then scatter on the cheddar cheese.
- [ ] **4** Bake for 10-12 minutes, until the cheddar cheese has melted and the edges of the wrap are crispy.
- [ ] **5** Scatter the shredded baby spinach over the hot pizza and serve.

Nutrition Facts

Per serving

Calories	**339**
Total fat	12.3 g
Saturated fat	6.7 g
Sodium	505 mg
Total carbs	20.6 g
Fiber	18 g
Total sugars	15.8 g
Protein	27 g

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