

My Favorite Healthy Pizza Toppings

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-pizza-toppings-recipe>

Ingredients:

- 3 cups sweet potato shredded
- 1/2 cup Quinoa Flour
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 2 large eggs beaten*

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 105 milligrams
4. Fat: 7 grams
5. Fiber: 9 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 390 milligrams
9. Sugar: 4 grams

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