



Basic French Bread Pizzas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread french cut in half horizontally and vertically to form 4 pieces
- ☐ 1 cup tomatoes
- ☐ 4 ounces part-skim mozzarella cheese shredded

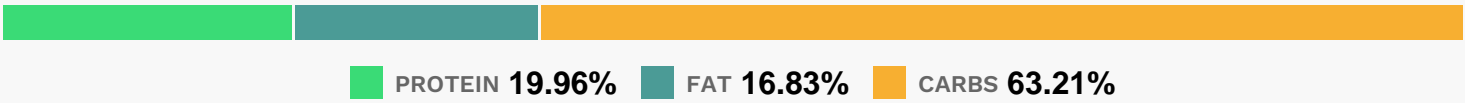
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Coat cut sides of bread with cooking spray; place bread, cut sides up, on a baking sheet.
- ☐ Bake at 450 for 3 to 5 minutes or until lightly browned.
- ☐ Spread 1/4 cup marinara sauce on each bread quarter; top each with 1/4 cup cheese.
- ☐ Bake at 450 for 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:31.38, Glycemic Load:46.42, Inflammation Score:-7, Nutrition Score:18.909999995128%

Nutrients (% of daily need)

Calories: 395.15kcal (19.76%), Fat: 7.44g (11.45%), Saturated Fat: 3.49g (21.83%), Carbohydrates: 62.89g (20.96%), Net Carbohydrates: 59.48g (21.63%), Sugar: 7.74g (8.6%), Cholesterol: 18.14mg (6.05%), Sodium: 1148.47mg (49.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.86g (39.72%), Vitamin B1: 0.82mg (55%), Selenium: 36.88µg (52.69%), Folate: 147.54µg (36.89%), Vitamin B2: 0.61mg (35.88%), Manganese: 0.66mg (33.13%), Vitamin B3: 6.1mg (30.51%), Calcium: 289.24mg (28.92%), Iron: 5.08mg (28.25%), Phosphorus: 266.86mg (26.69%), Zinc: 2.1mg (13.98%), Fiber: 3.41g (13.65%), Magnesium: 52mg (13%), Copper: 0.25mg (12.49%), Vitamin B6: 0.2mg (10.06%), Potassium: 338.4mg (9.67%), Vitamin A: 401.57IU (8.03%), Vitamin E: 1.16mg (7.73%), Vitamin B5: 0.59mg (5.9%), Vitamin C: 4.29mg (5.2%), Vitamin B12: 0.23µg (3.87%), Vitamin K: 2.96µg (2.82%)