



Basil and Three-Cheese Thin-Crust Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 5.5 ounces flour all-purpose divided
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 2 tablespoons cornmeal yellow stone-ground
- ☐ 1 teaspoon honey
- ☐ 1.5 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh finely grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 cup part-skim ricotta

- ☐ 4 servings spicy pizza sauce
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup warm water 100° to 110°

Equipment

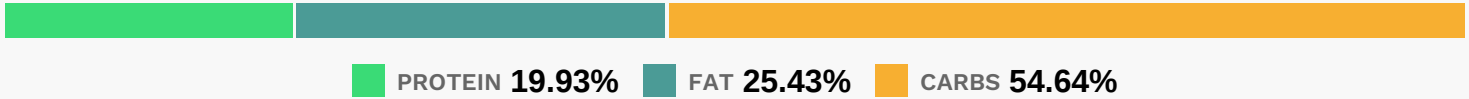
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare dough, dissolve honey and yeast in 1/2 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 cup flour and salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 6 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and chill 1 hour.
- ☐ Position one oven rack in the middle setting. Position another rack in the lowest setting, and place a rimless baking sheet on the bottom rack. Preheat oven to 500°.
- ☐ Roll dough into a 13-inch circle (about 1/4 inch thick) on a lightly floured surface.
- ☐ Place dough on a rimless baking sheet sprinkled with cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Brush oil over dough.
- ☐ Remove preheated baking sheet from oven; close oven door. Slide dough onto preheated baking sheet, using a spatula as a guide.
- ☐ Bake on lowest oven rack at 500° for 5 minutes.
- ☐ Remove from oven.

- ☐ Spread Spicy Pizza Sauce in an even layer over crust, leaving a 1/4-inch border.
- ☐ Combine mozzarella and ricotta; sprinkle evenly over sauce. Top with Parmesan.
- ☐ Bake on middle rack an additional 10 minutes or until crust is golden brown and cheese melts.
- ☐ Sprinkle with basil.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:84.44, Glycemic Load:26.58, Inflammation Score:-8, Nutrition Score:16.713043575702%

Nutrients (% of daily need)

Calories: 319.79kcal (15.99%), Fat: 9.12g (14.04%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 40.42g (14.7%), Sugar: 6.34g (7.05%), Cholesterol: 24.92mg (8.31%), Sodium: 939.62mg (40.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.19%), Selenium: 23.16µg (33.09%), Vitamin B1: 0.49mg (32.7%), Calcium: 307.59mg (30.76%), Folate: 118.53µg (29.63%), Vitamin B2: 0.46mg (26.79%), Phosphorus: 267.29mg (26.73%), Manganese: 0.46mg (22.87%), Vitamin B3: 4.18mg (20.88%), Iron: 3.43mg (19.04%), Vitamin A: 850.39IU (17.01%), Fiber: 3.7g (14.81%), Potassium: 497.07mg (14.2%), Vitamin E: 2.09mg (13.94%), Zinc: 1.88mg (12.54%), Copper: 0.24mg (12.1%), Magnesium: 44.87mg (11.22%), Vitamin K: 11.29µg (10.75%), Vitamin C: 8.86mg (10.74%), Vitamin B6: 0.21mg (10.52%), Vitamin B5: 0.84mg (8.44%), Vitamin B12: 0.3µg (4.92%)