



Basil and Tomato Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper red crushed
- ☐ 4 servings flour all-purpose as needed
- ☐ 0.5 cup basil fresh
- ☐ 2 large garlic clove sliced
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 ounces part-skim mozzarella cheese
- ☐ 14 ounce pizza dough whole-wheat refrigerated
- ☐ 1.5 ounces pancetta
- ☐ 0.8 pound tomatoes assorted halved

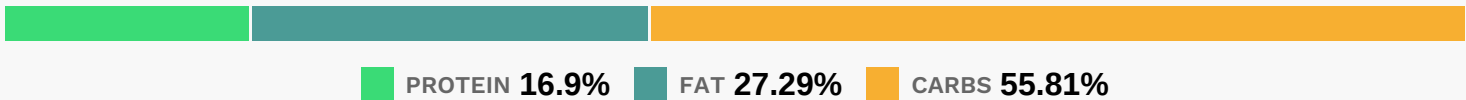
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 55
- ☐ Place dough on a lightly floured surface; roll into a 13-inch round.
- ☐ Sprinkle a baking sheet with cornmeal, and place dough on top; top with remaining ingredients.
- ☐ Bake on bottom rack until cheese is melted and crust is crisp (about 8 minutes). Slice into 8 pieces; serve.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:5.17, Inflammation Score:-7, Nutrition Score:10.085217421469%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 414.45kcal (20.72%), Fat: 12.71g (19.55%), Saturated Fat: 5.34g (33.35%), Carbohydrates: 58.47g (19.49%), Net Carbohydrates: 55.66g (20.24%), Sugar: 8.68g (9.65%), Cholesterol: 26.06mg (8.69%), Sodium: 1034.55mg (44.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.42%), Calcium: 239.91mg (23.99%), Vitamin A: 1045.64IU (20.91%), Iron: 3.51mg (19.48%), Vitamin K: 19.73µg (18.79%), Phosphorus: 186.05mg (18.61%), Vitamin C: 12.66mg (15.35%), Selenium: 10.16µg (14.52%), Fiber: 2.81g (11.25%), Manganese: 0.22mg (10.86%), Vitamin B2: 0.15mg (8.96%), Vitamin B1: 0.13mg (8.63%), Zinc: 1.22mg (8.16%), Potassium: 276.08mg (7.89%), Folate: 30.87µg (7.72%), Vitamin B3: 1.45mg (7.24%), Vitamin B6: 0.14mg (7.21%), Magnesium: 21.75mg (5.44%), Vitamin B12: 0.31µg (5.2%), Copper: 0.09mg (4.5%), Vitamin E: 0.62mg (4.13%), Vitamin B5: 0.22mg (2.2%)