



Cheat's deep-pan pizza

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g self-raising flour
- ☐ 1 tbsp double-acting baking powder
- ☐ 100 g butter diced
- ☐ 300 ml milk
- ☐ 2 tbsp olive oil for brushing
- ☐ 1 handful semi-dried tomatoes
- ☐ 2 small courgettes sliced
- ☐ 0.5 g jar chargrilled artichoke drained in oil

- ☐ 125 g vegetarian mozzarella diced drained
- ☐ 50 g mature cheddar grated
- ☐ 0.5 tsp oregano dried

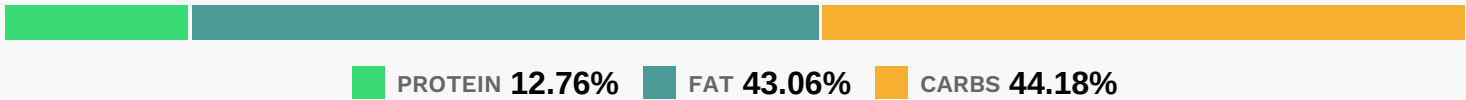
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Mix the flour, baking powder and tsp salt in a large bowl, then rub in the butter.
- ☐ Add the milk and bring together to make a soft, slightly sticky dough.
- ☐ Brush a 25cm x 36cm baking tray with a little olive oil and press the dough into it, making sure it goes right to the corners.
- ☐ Arrange the tomatoes, courgettes and artichokes over the base. Scatter over the cheeses, drizzle with the remaining oil and sprinkle with the oregano. Season with pepper.
- ☐ Bake for 25 mins until nicely browned. Can be cooled, sliced in the tin and frozen for up to a month. Defrost before wrapping in foil and reheating in a low oven.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:41.08, Inflammation Score:-7, Nutrition Score:15.430869703707%

Flavonoids

Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg, Apigenin: 0.8mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 602.61kcal (30.13%), Fat: 28.86g (44.4%), Saturated Fat: 14.75g (92.21%), Carbohydrates: 66.61g (22.2%), Net Carbohydrates: 63.56g (23.11%), Sugar: 4.15g (4.61%), Cholesterol: 66.81mg (22.27%), Sodium: 539.04mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.48%), Selenium: 40.25µg (57.5%), Manganese: 0.78mg (38.84%), Calcium: 375.18mg (37.52%), Phosphorus: 318.01mg (31.8%), Vitamin A: 810.1IU (16.2%), Vitamin B2: 0.27mg (15.77%), Vitamin B12: 0.87µg (14.5%), Zinc: 2.03mg (13.56%), Fiber: 3.06g (12.23%), Magnesium: 48.52mg (12.13%), Folate: 48.37µg (12.09%), Vitamin E: 1.61mg (10.76%), Copper: 0.21mg (10.31%), Vitamin C: 8.36mg (10.13%), Potassium: 337.11mg (9.63%), Vitamin K: 9.33µg (8.89%), Vitamin B1: 0.13mg (8.77%), Iron: 1.46mg (8.1%), Vitamin B6: 0.15mg (7.74%), Vitamin B5: 0.76mg (7.61%), Vitamin B3: 1.23mg (6.16%), Vitamin D: 0.7µg (4.67%)