

Cheese Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons olive oil
- ☐ 2 ounces parmesan fresh grated
- ☐ 8 ounces part-skim mozzarella cheese shredded
- ☐ 6 servings pizza dough
- ☐ 1 cup tomato sauce fat-free

Equipment

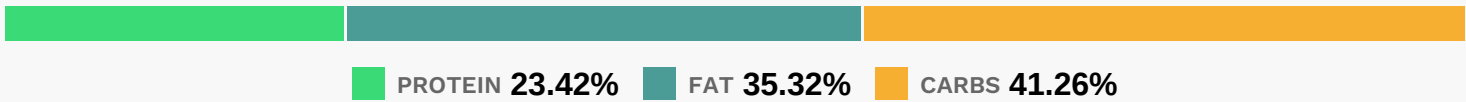
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ 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
- ☐ Remove plastic wrap from Basic Pizza Dough; discard plastic.
- ☐ Brush olive oil over dough.
- ☐ Remove preheated baking sheet from oven, and close oven door. Slide dough onto preheated baking sheet, using a spatula as a guide.
- ☐ Bake on lowest oven rack at 500 for 8 minutes.
- ☐ Remove from oven.
- ☐ Spread sauce in an even layer over crust, leaving a 1/4-inch border. Top with mozzarella and Parmesan cheeses.
- ☐ Bake on middle rack an additional 10 minutes or until crust is golden brown and cheese melts.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.78, Inflammation Score:-3, Nutrition Score:7.35999999417429%

Nutrients (% of daily need)

Calories: 294.86kcal (14.74%), Fat: 11.68g (17.97%), Saturated Fat: 6.01g (37.58%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 29.24g (10.63%), Sugar: 5.49g (6.1%), Cholesterol: 30.62mg (10.21%), Sodium: 991.05mg (43.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.43g (34.85%), Calcium: 413.21mg (41.32%), Phosphorus: 251.62mg (25.16%), Iron: 2.1mg (11.66%), Selenium: 7.81µg (11.16%), Vitamin B2: 0.17mg (10.14%), Zinc: 1.39mg (9.29%), Vitamin A: 432.43IU (8.65%), Vitamin B12: 0.42µg (7.06%), Fiber: 1.47g (5.87%), Vitamin E: 0.85mg (5.69%), Magnesium: 18.98mg (4.74%), Potassium: 161.73mg (4.62%), Vitamin B6: 0.08mg (3.75%), Vitamin C: 2.86mg (3.46%), Copper: 0.06mg (2.97%), Vitamin K: 2.71µg (2.58%), Manganese: 0.05mg (2.47%), Vitamin B3: 0.47mg (2.35%), Vitamin B5: 0.2mg (1.99%), Folate: 7.74µg (1.93%), Vitamin B1: 0.02mg (1.35%), Vitamin D: 0.16µg (1.07%)