



Cheesy Margherita Pizza

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil strips fresh
- ☐ 1.5 cups cheese blend shredded italian
- ☐ 2 teaspoons olive oil
- ☐ 3 medium plum tomatoes sliced Roma

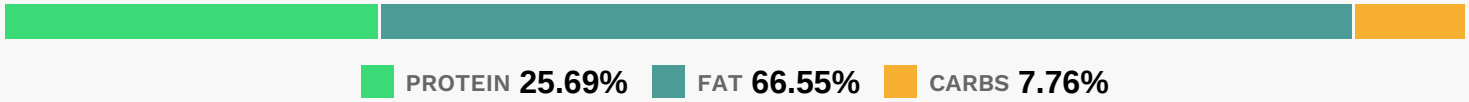
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Separate or cut dough into 2 long rectangles (if using crescent rolls, press perforations to seal).
- ☐ Place on ungreased cookie sheet; press into 12x8-inch rectangle.
- ☐ Brush with oil.
- ☐ Top with cheese and tomatoes.
- ☐ Bake at 375 degrees F 12 to 15 minutes.
- ☐ Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:1.7369565251081%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 107.4kcal (5.37%), Fat: 8.4g (12.92%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.82g (0.91%), Cholesterol: 5.6mg (1.87%), Sodium: 54.8mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Calcium: 60.29mg (6.03%), Vitamin A: 293.4IU (5.87%), Vitamin K: 6.02µg (5.73%), Vitamin C: 4.37mg (5.29%), Vitamin E: 0.36mg (2.43%), Potassium: 75.45mg (2.16%), Manganese: 0.04mg (2.15%), Fiber: 0.38g (1.53%), Vitamin B6: 0.03mg (1.29%), Folate: 5.1µg (1.28%), Copper: 0.02mg (1.04%)