



WHATSheATE



Cheesy Margherita Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 basil leaves thinly sliced
- ☐ 6 ounces part-skim mozzarella cheese shredded divided
- ☐ 16 ounce pizza crust dough fresh refrigerated
- ☐ 2 plum tomatoes cut into 8 slices
- ☐ 2 ounces romano cheese fresh grated
- ☐ 5 the ingredients
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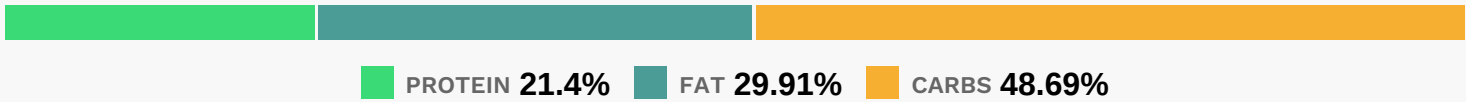
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Roll dough into a 16-inch circle on a lightly floured surface.
- ☐ Place dough on a 16-inch pizza pan or baking sheet coated with cooking spray. Cover loosely; let stand in a warm place (8
- ☐ for 15 minutes.
- ☐ Drain tomato slices on paper towels. Preheat oven to 42
- ☐ Sprinkle dough with 1/2 cup mozzarella; arrange tomato slices in a single layer over mozzarella.
- ☐ Sprinkle remaining 1 cup mozzarella and Romano cheeses evenly over tomatoes.
- ☐ Bake at 425 for 20 minutes or until crust and cheese are browned.
- ☐ Cut pizza into 8 wedges, and sprinkle evenly with basil.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:9.1852173649746%

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: 477.98kcal (23.9%), Fat: 15.81g (24.32%), Saturated Fat: 9.31g (58.19%), Carbohydrates: 57.91g (19.3%), Net Carbohydrates: 55.8g (20.29%), Sugar: 3.12g (3.46%), Cholesterol: 41.96mg (13.99%), Sodium: 1036.27mg (45.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.88%), Calcium: 591.66mg (59.17%), Phosphorus: 312.73mg (31.27%), Iron: 3.41mg (18.94%), Vitamin A: 584.9IU (11.7%), Selenium: 8.18µg (11.69%), Vitamin B2: 0.19mg (11.06%), Zinc: 1.6mg (10.68%), Vitamin B12: 0.51µg (8.46%), Fiber: 2.1g (8.41%), Vitamin K: 8.42µg

(8.02%), Vitamin C: 4.46mg (5.41%), Magnesium: 19.77mg (4.94%), Potassium: 124.92mg (3.57%), Vitamin B6: 0.07mg (3.42%), Manganese: 0.06mg (2.81%), Folate: 10.29µg (2.57%), Copper: 0.04mg (1.89%), Vitamin E: 0.27mg (1.79%), Vitamin B1: 0.02mg (1.65%), Vitamin D: 0.2µg (1.32%), Vitamin B3: 0.25mg (1.25%), Vitamin B5: 0.12mg (1.24%)