



WHATSheATE



Cherry tomato & pancetta pizza

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 280 g sandwich bread white
- ☐ 1 tsp olive oil
- ☐ 150 g cherry tomatoes halved
- ☐ 125 g mozzarella cheese drained
- ☐ 75 g pancetta cubed
- ☐ 1 bunch basil (for scattering)

Equipment

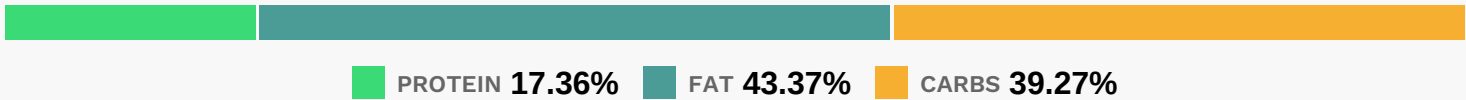
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Empty the pizza dough into a bowl. Shred or chop the basil and stir half of it into the mixture along with 200ml warm water. Knead vigorously for 5 mins, then roll out into a 30cm round shape.
- ☐ Transfer to a floured baking sheet, rub the surface with olive oil and leave for 15 mins until risen. Push the cherry tomatoes, cut-side up, into the dough so the pizza is studded with them.
- ☐ Dry the mozzarella very thoroughly with kitchen paper, then cut into cubes. Scatter over the pizza along with the pancetta or bacon, then bake for 20 mins until risen, bubbling and golden. Tear over the remaining basil leaves.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:24.75, Inflammation Score:-6, Nutrition Score:14.129130430844%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 378.09kcal (18.9%), Fat: 18.12g (27.87%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 35.02g (12.73%), Sugar: 5g (5.56%), Cholesterol: 37.06mg (12.35%), Sodium: 658.19mg (28.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.63%), Selenium: 25.51µg (36.45%), Calcium: 314.13mg (31.41%), Vitamin B1: 0.43mg (28.68%), Manganese: 0.49mg (24.41%), Phosphorus: 228.35mg (22.83%), Vitamin B3: 4.34mg (21.68%), Folate: 86.12µg (21.53%), Vitamin B2: 0.28mg (16.55%), Iron: 2.89mg (16.06%), Vitamin B12: 0.81µg (13.44%), Zinc: 1.82mg (12.12%), Vitamin C: 8.91mg (10.8%), Vitamin K: 10.89µg (10.37%), Vitamin A: 507.76IU (10.16%), Magnesium: 32.06mg (8.01%), Vitamin B6: 0.16mg (7.93%), Fiber: 1.9g (7.62%), Copper: 0.13mg (6.7%), Potassium: 230.44mg (6.58%), Vitamin B5: 0.58mg (5.76%), Vitamin E: 0.68mg (4.55%), Vitamin D: 0.2µg (1.33%)