



WHATSheATE



Cherry Tomato Pizza Margherita

READY IN



55 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil fresh chopped for garnish
- ☐ 12 ounce cherry tomatoes stemmed
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 13.8 ounce pizza dough refrigerated
- ☐ 4 ounces whole-milk mozzarella diced
- ☐ 4 ounce mozzarella fresh diced (ovoline)

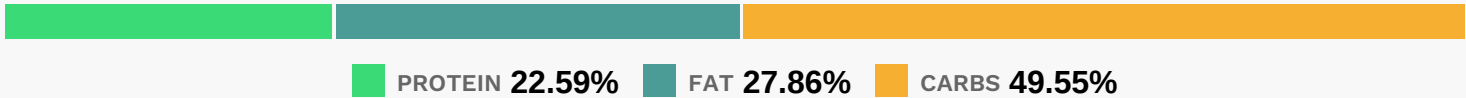
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Position rack in top third of oven and preheat to 425°F. Unroll dough on heavy large baking sheet; pull to about 12x8-inch rectangle, pinching any tears to seal. Fold over edge of dough to make border.
- ☐ Heat large skillet over high heat 2 minutes.
- ☐ Add oil, then tomatoes; sprinkle with salt and pepper. Sauté until tomatoes are charred and beginning to break down, about 5 minutes.
- ☐ Transfer to large bowl.
- ☐ Mix in garlic, fennel, and crushed red pepper. Using back of fork, crush tomatoes in bowl, leaving large chunks intact. Season mixture with salt and pepper. Toss cheeses and chopped basil in medium bowl.
- ☐ Sprinkle cheese mixture evenly over dough, right up to border. Spoon on tomato mixture in dollops, leaving some cheese uncovered.
- ☐ Bake pizza until crust is crisp and brown, 25 to 30 minutes.
- ☐ Loosen pizza with metal spatula and slide onto board.
- ☐ Garnish with basil leaves.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:11.672608753909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 414.67kcal (20.73%), Fat: 13.03g (20.05%), Saturated Fat: 4.98g (31.14%), Carbohydrates: 52.17g (17.39%), Net Carbohydrates: 49.41g (17.97%), Sugar: 8.92g (9.91%), Cholesterol: 27.5mg (9.17%), Sodium: 1107.43mg (48.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Calcium: 433.29mg (43.33%), Phosphorus: 314mg (31.4%), Vitamin C: 20.04mg (24.29%), Iron: 3.6mg (19.97%), Vitamin A: 886.86IU (17.74%), Selenium: 10.74µg (15.34%), Vitamin B12: 0.91µg (15.12%), Zinc: 2.1mg (13.98%), Vitamin K: 14.04µg (13.37%), Vitamin B2: 0.19mg (11.08%), Fiber: 2.76g (11.05%), Vitamin E: 1.14mg (7.59%), Manganese: 0.15mg (7.59%), Potassium: 252.62mg (7.22%), Magnesium: 25.3mg (6.32%), Vitamin B6: 0.12mg (5.83%), Copper: 0.09mg (4.52%), Folate: 17.29µg (4.32%), Vitamin B1: 0.05mg (3.22%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.16mg (1.59%)