



## Easy tomato pizzas



Vegetarian



Popular

READY IN



90 min.

SERVINGS



8

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 450 g strong bread flour white plus more to dust
- ☐ 7 g sachet fast-action yeast
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 350 ml warm water
- ☐ 5 tbsp stir together 100ml passata and a garlic clove crushed (see tip below)
- ☐ 8 tomatoes green red yellow (, orange, , - all different shapes and sizes)
- ☐ 8 servings your choice of toppings: goat's cheese (with rind), grated parmesan or parmesan shavings, handful rocket, prosciutto

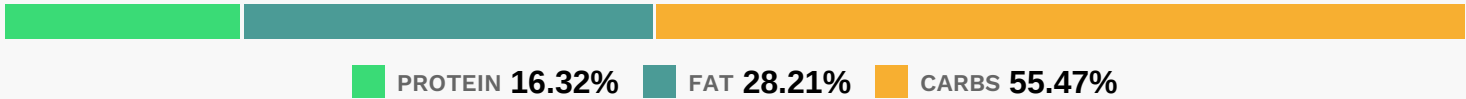
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

# Directions

- ☐ For the dough, put the flour, yeast and 2 tsp salt into a large bowl and mix. Make a well.
- ☐ Mix the oil and water in a jug, then tip into the bowl. Use a wooden spoon to work the liquid into the flour it will seem pretty wet. Set the bowl aside for 15 mins. Leaving the dough like this will save you from lengthy kneading later.
- ☐ Turn the dough onto a well-floured surface, flour your hands, then knead it very gently for about 2 mins until it is fairly even, soft and bouncy. Return the dough to the bowl, cover with oiled cling film, then let it rise in a warm place (or in the fridge overnight) until doubled in size.
- ☐ When ready to cook, heat oven to 240C/220C fan/gas 9 or as hot as it will go, then put a baking sheet in on a high shelf. Dust another sheet with flour. Split the dough into 8, then roll 3 balls thinly into rough circles. Lift onto the floured sheet. Smear over a thin layer of the sauce, scatter over a few slices of tomato, season, then add sliced goats or grated Parmesan cheese if you want to. Slide the sheet on top of the heated sheet.
- ☐ Bake for 12 mins or until golden and crisp and the tomatoes are starting to caramelise around the edges. Top with any fresh toppings, then drizzle with more olive oil to serve.

# Nutrition Facts



# Properties

Glycemic Index:12.13, Glycemic Load:26.9, Inflammation Score:-7, Nutrition Score:14.178695606149%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 351.79kcal (17.59%), Fat: 11.1g (17.07%), Saturated Fat: 5.04g (31.5%), Carbohydrates: 49.09g (16.36%), Net Carbohydrates: 46.04g (16.74%), Sugar: 5.41g (6.01%), Cholesterol: 13.8mg (4.6%), Sodium: 131.07mg (5.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin C: 30.34mg (36.78%), Selenium: 24.44µg (34.92%), Manganese: 0.68mg (34.24%), Copper: 0.46mg (22.92%), Vitamin A: 1101.14IU (22.02%), Phosphorus: 179.03mg (17.9%), Vitamin B1: 0.25mg (16.4%), Vitamin K: 15.33µg (14.6%), Vitamin B2: 0.24mg (13.97%), Vitamin B6: 0.27mg (13.53%), Folate: 53.86µg (13.46%), Fiber: 3.04g (12.17%), Vitamin B5: 1.21mg (12.13%), Iron: 1.83mg (10.15%), Potassium: 343.41mg (9.81%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.25mg (8.36%), Magnesium: 33.32mg (8.33%), Calcium: 77.09mg (7.71%), Zinc: 0.97mg (6.48%)