



Fresh Mozzarella and Basil Pizza

READY IN



40 min.

SERVINGS



30

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce country ham smoked cut into thin strips
- 1 tablespoon basil fresh sliced
- 2 ounces mozzarella fresh thin
- 0.5 teaspoon olive oil extra virgin extra-virgin
- 0.3 teaspoon pepper
- 4 ounce pizza dough
- 1 large plum tomatoes thinly sliced

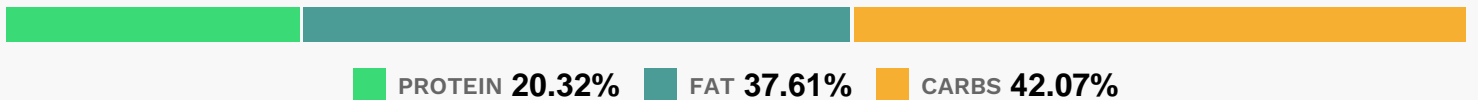
Equipment

- baking sheet
- baking paper
- oven
- plastic wrap
- pastry brush
- pizza stone

Directions

- Preheat oven to 45
- Shape Pizza Dough ball into a 6- to 8-inch circle on a lightly floured surface. (Dough doesn't need to be perfectly round.)
- Place dough on a piece of parchment paper. Fold up edges of dough, forming a 1-inch border.
- Brush oil evenly over dough using a pastry brush. (If you don't have a pastry brush, drizzle oil evenly over dough.)
- Cover pizza dough circle loosely with plastic wrap, and let rise in a warm place (85), free from drafts, 15 to 20 minutes.
- Heat pizza stone or heavy baking sheet 10 to 12 minutes in oven.
- Remove and discard plastic wrap from dough.
- Layer tomato and next 3 ingredients evenly.
- Sprinkle with pepper. Carefully transfer dough on parchment paper to pizza stone.
- Bake at 450 for 10 minutes or until crust is golden.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.41782608693061%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 18.28kcal (0.91%), Fat: 0.77g (1.18%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.31g (0.34%), Cholesterol: 2.08mg (0.69%), Sodium: 50.51mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.87%)