



## Fresh Tomato and Zucchini Tart with Mozzarella and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

### Ingredients

- 0.5 cup torn basil leaves fresh
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon olive oil extravirgin
- 4 ounces mozzarella cheese fresh sliced
- 0.3 teaspoon kosher salt
- 10 ounce pizza crust dough refrigerated canned
- 4 plum tomatoes seeded cut into 1/4-inch-thick slices ( 1/2 pound)
- 1 tablespoon cornmeal yellow
- 1 cup zucchini diagonally sliced ( )

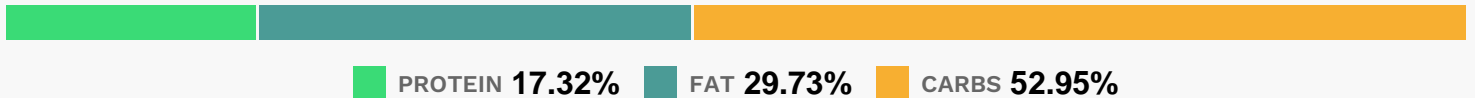
## Equipment

- baking sheet
- baking paper
- oven
- wire rack

## Directions

- Preheat oven to 40
- Line a baking sheet with parchment paper; secure with masking tape.
- Sprinkle the paper with cornmeal. Unroll dough onto paper; let stand 5 minutes. Pat dough into a 12-inch square. Arrange zucchini and tomato over the dough, leaving a 1-inch border.
- Sprinkle evenly with salt and pepper. Fold edges of dough over zucchini and tomato (dough won't completely cover the zucchini and tomato).
- Bake at 400 for 15 minutes or until the dough is lightly browned. Top with cheese; bake 5 minutes or until cheese melts.
- Drizzle with oil; sprinkle with basil. Cool on baking sheet 10 minutes on a wire rack.

## Nutrition Facts



## Properties

Glycemic Index:62.63, Glycemic Load:2.02, Inflammation Score:-6, Nutrition Score:8.4365217685699%

## Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 295.27kcal (14.76%), Fat: 9.93g (15.27%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 37.35g (13.58%), Sugar: 7.14g (7.93%), Cholesterol: 22.4mg (7.47%), Sodium: 841.36mg (36.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.03%), Vitamin K: 20.14µg (19.19%), Vitamin

A: 929.04IU (18.58%), Vitamin C: 14.58mg (17.68%), Calcium: 160.44mg (16.04%), Iron: 2.51mg (13.94%), Phosphorus: 134.52mg (13.45%), Vitamin B12: 0.65µg (10.77%), Manganese: 0.2mg (10.04%), Fiber: 2.43g (9.73%), Potassium: 268mg (7.66%), Zinc: 1.14mg (7.57%), Vitamin B2: 0.13mg (7.41%), Selenium: 5.05µg (7.21%), Vitamin B6: 0.13mg (6.52%), Magnesium: 22.88mg (5.72%), Folate: 21.64µg (5.41%), Vitamin E: 0.6mg (4.03%), Copper: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.6%), Vitamin B3: 0.63mg (3.14%), Vitamin B5: 0.18mg (1.81%)