



## Fresh Tomato-Basil Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp basil fresh shredded
- 0.3 tsp ground pepper black
- 1 Tbsp oil
- 0.5 cup polly-o parmesan cheese shredded divided
- 1 pizza crust italian
- 3 plum tomatoes sliced

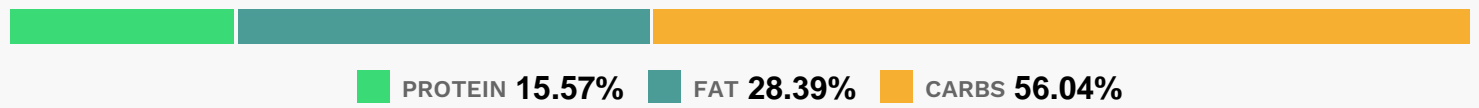
### Equipment

- oven

## Directions

- Brush pizza crust with oil.
- Sprinkle with 1/4 cup of the cheese.
- Top with tomatoes and remaining 1/4 cup cheese; sprinkle with pepper.
- Place directly on oven rack.
- Bake at 450F for 8 to 10 minutes or until crust is crisp and cheese is melted.
- Sprinkle with basil just before serving.

## Nutrition Facts



## Properties

Glycemic Index:41.75, Glycemic Load:0.62, Inflammation Score:-5, Nutrition Score:6.2504347057446%

## Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 359.34kcal (17.97%), Fat: 11.34g (17.45%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 48.24g (17.54%), Sugar: 2.83g (3.14%), Cholesterol: 8.5mg (2.83%), Sodium: 727.72mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Calcium: 248.77mg (24.88%), Vitamin K: 19.66µg (18.72%), Iron: 3.03mg (16.85%), Vitamin A: 651.82IU (13.04%), Phosphorus: 99.87mg (9.99%), Fiber: 2.13g (8.54%), Vitamin C: 6.94mg (8.41%), Vitamin E: 0.92mg (6.12%), Manganese: 0.11mg (5.38%), Selenium: 2.83µg (4.04%), Potassium: 132.66mg (3.79%), Magnesium: 12.84mg (3.21%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.45mg (3%), Vitamin B6: 0.05mg (2.69%), Folate: 10.01µg (2.5%), Vitamin B12: 0.15µg (2.5%), Copper: 0.05mg (2.26%), Vitamin B3: 0.34mg (1.7%), Vitamin B1: 0.02mg (1.55%), Vitamin B5: 0.11mg (1.06%)