



Fresh Tomato-Feta Pizza

READY IN



55 min.

SERVINGS



6

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornmeal
- ☐ 4 ounces feta cheese
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 2.5 tablespoons olive oil divided
- ☐ 4 plum tomatoes sliced
- ☐ 1 pound pizza dough fresh refrigerated

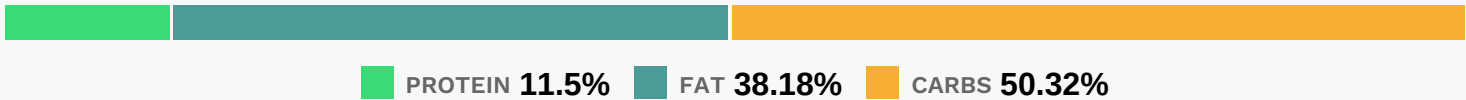
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Let dough stand at room temperature, covered, for 30 minutes.
- ☐ Arrange tomato slices on a jelly-roll pan lined with paper towels; top with more paper towels.
- ☐ Let stand 30 minutes.
- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Combine tomatoes, 2 tablespoons oil, and garlic.
- ☐ Roll dough into a 14-inch circle on a lightly floured surface, and pierce dough liberally with a fork. Carefully remove pizza stone from oven.
- ☐ Sprinkle cornmeal over stone; place dough on stone. Arrange tomato mixture on dough. Crumble cheese; sprinkle over pizza.
- ☐ Bake at 500 for 19 minutes or until crust is golden and cheese is lightly browned.
- ☐ Remove from oven; top with olives and basil.
- ☐ Brush outer crust with remaining 1 1/2 teaspoons oil.
- ☐ Cut pizza into 6 large slices.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:5.8930434662363%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 314.06kcal (15.7%), Fat: 13.58g (20.89%), Saturated Fat: 4.08g (25.52%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 38.19g (13.89%), Sugar: 5.85g (6.5%), Cholesterol: 16.82mg (5.61%), Sodium: 881.5mg (38.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.41%), Iron: 2.44mg (13.58%), Vitamin K: 11.39µg (10.85%), Calcium: 104.95mg (10.49%), Vitamin A: 506.38IU (10.13%), Vitamin B2: 0.17mg (10.08%), Vitamin E: 1.4mg (9.32%), Fiber: 2.07g (8.28%), Phosphorus: 79.75mg (7.98%), Vitamin C: 6.15mg (7.46%), Vitamin B6: 0.14mg (6.97%), Vitamin B12: 0.32µg (5.32%), Zinc: 0.69mg (4.59%), Manganese: 0.09mg (4.56%), Selenium: 3.15µg (4.5%), Potassium: 125.21mg (3.58%), Vitamin B1: 0.05mg (3.55%), Folate: 13.75µg (3.44%), Magnesium: 11.64mg (2.91%), Vitamin B3: 0.51mg (2.54%), Copper: 0.05mg (2.52%), Vitamin B5: 0.24mg (2.39%)