



HEALTH SCORE

66%

Fresh Tomato-Herb Pizzas



Vegetarian



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**678 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounces asiago cheese finely grated
- ☐ 1 package yeast dry
- ☐ 2.5 cups flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1.5 teaspoons rosemary fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon honey

- ☐ 4 teaspoons olive oil divided
- ☐ 0.8 cup onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 pounds plum tomatoes chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup warm water (105° to 115°)
- ☐ 0.5 cup cornmeal yellow
- ☐ 2 tablespoons cornmeal yellow
- ☐ 2 cups tomatoes yellow chopped

Equipment

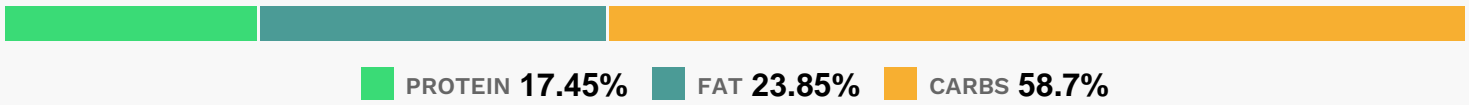
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Dissolve honey and yeast in 1 cup warm water in a small bowl; let stand 5 minutes.
- ☐ Place flour and next 4 ingredients (flour through 1/4 teaspoon salt) in a food processor; pulse 2 times or until blended. With processor on, slowly add yeast mixture and 1 teaspoon oil through food chute; process until dough leaves sides of bowl and forms a ball. Process 1 additional minute.
- ☐ Turn dough out onto a lightly floured surface, and knead 2 minutes.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover dough, and let rise in a warm place (85), free from drafts, 1 hour or until doubled in bulk.
- ☐ Punch dough down, and divide in half.

- ☐ Roll each half of dough into a 12-inch circle on a lightly floured surface.
- ☐ Place dough on two 12-inch pizza pans or baking sheets that are each coated with cooking spray and sprinkled with 1 tablespoon cornmeal. Crimp edges of dough with fingers to form a rim.
- ☐ Preheat oven to 45
- ☐ Heat remaining 3 teaspoons oil in a large skillet over medium heat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Remove from heat; stir in plum tomato, 1/2 teaspoon salt, and pepper.
- ☐ Spread plum tomato mixture evenly over prepared crusts, leaving a 1/2-inch border. Divide yellow tomato evenly between pizzas, and sprinkle each pizza with 1 cup cheese.
- ☐ Bake at 450 for 15 minutes.
- ☐ Remove pizzas to cutting boards; let stand 5 minutes.
- ☐ Sprinkle 1 tablespoon basil and 1 tablespoon oregano over each pizza.
- ☐ Cut each pizza into 8 slices.

Nutrition Facts



Properties

Glycemic Index:134.57, Glycemic Load:59.79, Inflammation Score:-10, Nutrition Score:36.722608644029%

Flavonoids

Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 678.07kcal (33.9%), Fat: 18.17g (27.95%), Saturated Fat: 8.08g (50.51%), Carbohydrates: 100.62g (33.54%), Net Carbohydrates: 90.59g (32.94%), Sugar: 12.61g (14.01%), Cholesterol: 28.92mg (9.64%), Sodium: 1153.6mg (50.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.83%), Vitamin B1: 1.03mg (68.8%), Folate: 263.53µg (65.88%), Manganese: 1.3mg (64.99%), Calcium: 609.02mg (60.9%), Selenium: 38.49µg (54.98%), Phosphorus: 543.6mg (54.36%), Vitamin C: 43.09mg (52.23%), Vitamin A: 2402.26IU (48.05%), Vitamin

B2: 0.73mg (42.96%), Vitamin B3: 8.42mg (42.11%), Fiber: 10.04g (40.16%), Iron: 7.12mg (39.54%), Vitamin K: 41.38µg (39.41%), Potassium: 1036.04mg (29.6%), Vitamin B6: 0.56mg (27.83%), Magnesium: 111.27mg (27.82%), Copper: 0.46mg (22.85%), Zinc: 3.4mg (22.68%), Vitamin E: 2.51mg (16.71%), Vitamin B5: 1.28mg (12.81%), Vitamin B12: 0.51µg (8.53%), Vitamin D: 0.21µg (1.42%)