



Fresh Tomato-Pesto Pizza

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves thinly sliced
- ☐ 4 cups basil leaves
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves
- ☐ 3 garlic cloves thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon parmesan cheese fresh grated
- ☐ 1 pound pizza crust italian cheese-flavored (such as Boboli)

- ☐ 4 ounces provolone cheese shredded
- ☐ 2 pounds tomatoes seeded chopped

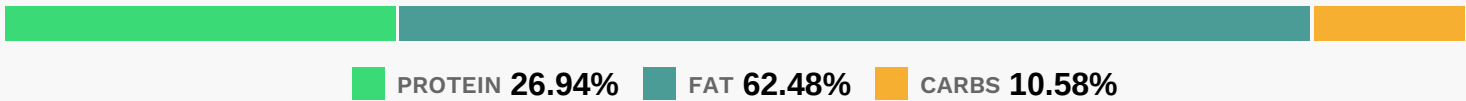
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 47
- ☐ To prepare pesto, place 4 cups basil leaves and 2 garlic cloves in a food processor, and pulse 5 times or until coarsely chopped. With processor on, add broth, Parmesan, and oil through food chute; process until well-blended.
- ☐ To prepare pizza, place pizza crust on a baking sheet.
- ☐ Spread pesto over crust, leaving a 1/2-inch border; top with the tomato, garlic slices, and provolone.
- ☐ Bake at 475 for 12 minutes or until the cheese melts.
- ☐ Sprinkle with 1/4 cup basil.
- ☐ Cut the pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.51, Inflammation Score:-8, Nutrition Score:11.013043465822%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 276.1kcal (13.8%), Fat: 20.19g (31.06%), Saturated Fat: 5.07g (31.72%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.08g (2.21%), Sugar: 3.13g (3.48%), Cholesterol: 21.55mg (7.18%), Sodium: 256.34mg (11.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.58g (39.17%), Vitamin K: 63.28µg (60.27%), Vitamin A: 1746.96IU (34.94%), Calcium: 265.56mg (26.56%), Vitamin C: 18.42mg (22.32%), Manganese: 0.31mg (15.47%), Phosphorus: 112.65mg (11.26%), Potassium: 336.17mg (9.6%), Vitamin B6: 0.15mg (7.28%), Folate: 27.27µg (6.82%), Vitamin E: 1mg (6.68%), Fiber: 1.6g (6.42%), Magnesium: 25.42mg (6.35%), Copper: 0.13mg (6.34%), Zinc: 0.79mg (5.3%), Vitamin B2: 0.08mg (4.84%), Iron: 0.84mg (4.67%), Vitamin B3: 0.87mg (4.33%), Vitamin B12: 0.23µg (3.81%), Selenium: 2.66µg (3.8%), Vitamin B1: 0.05mg (3.57%), Vitamin B5: 0.22mg (2.18%)