



Fresh Tomato Pizza

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 ounce thin-crust bread shell italian
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 ounces gorgonzola cheese blue crumbled
- ☐ 4 plum tomatoes thinly sliced
- ☐ 0.5 medium size purple onion thinly sliced

Equipment

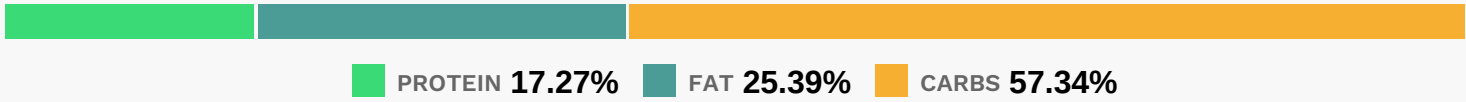
- ☐ baking sheet
- ☐ oven

☐ pizza pan

Directions

- ☐ Place bread shell on an ungreased baking sheet or pizza pan; coat crust with cooking spray. Top with tomato and remaining ingredients.
- ☐ Bake at 425 for 7 to 8 minutes or until cheese melts.
- ☐ Cut into wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.17, Glycemic Load:19.1, Inflammation Score:-7, Nutrition Score:14.074347857548%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 261.24kcal (13.06%), Fat: 7.43g (11.42%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 37.73g (12.58%), Net Carbohydrates: 33.9g (12.33%), Sugar: 6.35g (7.06%), Cholesterol: 10.63mg (3.54%), Sodium: 501.95mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Manganese: 0.95mg (47.59%), Selenium: 22.54µg (32.2%), Vitamin B3: 4.5mg (22.52%), Vitamin B1: 0.33mg (21.68%), Folate: 78.28µg (19.57%), Calcium: 175.45mg (17.55%), Phosphorus: 165.99mg (16.6%), Iron: 2.84mg (15.77%), Fiber: 3.84g (15.35%), Vitamin B2: 0.25mg (14.67%), Vitamin K: 14.99µg (14.28%), Vitamin A: 705.43IU (14.11%), Vitamin C: 9.92mg (12.03%), Magnesium: 41.47mg (10.37%), Vitamin B5: 0.9mg (9.01%), Potassium: 307.66mg (8.79%), Vitamin B6: 0.17mg (8.53%), Zinc: 1.26mg (8.37%), Copper: 0.16mg (7.91%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.17µg (2.88%)