



Ghostly Pizza

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup tomato sauce jarred
- 1 tablespoon capers
- 8 ounces low-moisture mozzarella cheese sliced
- 1 tablespoon olive oil
- 1 pound pizza dough frozen thawed

Equipment

- baking sheet
- oven

- wire rack
- cookie cutter
- spatula

Directions

- Preheat oven to 475F.
- Brush bottom of a 16-by-11-inch rimmed baking sheet with olive oil. Press and stretch dough evenly to cover bottom of sheet. (If dough resists at first, let it rest for a minute and then continue.)
- Spread sauce in an even layer over dough, leaving a 1-inch border around all sides.
- Bake until underside of dough is golden (lift up pizza with a spatula and take a peek), about 15 minutes. Use a ghost-shaped cookie cutter to cut ghosts from cheese.
- Place ghosts on top of hot pizza and bake for 5 minutes.
- Place two capers on each piece of cheese for eyes.
- Let stand 5 minutes on a wire rack before slicing and serving.

Nutrition Facts

PROTEIN 19.22% **FAT 52.49%** **CARBS 28.29%**

Properties

Glycemic Index:9, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:9.3317390628483%

Flavonoids

Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 258.21kcal (12.91%), Fat: 15.13g (23.27%), Saturated Fat: 6.4g (40.02%), Carbohydrates: 18.34g (6.11%), Net Carbohydrates: 16.72g (6.08%), Sugar: 3.14g (3.49%), Cholesterol: 30.33mg (10.11%), Sodium: 567.79mg (24.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Calcium: 248.29mg (24.83%), Selenium: 17.16µg (24.51%), Phosphorus: 208.15mg (20.82%), Vitamin B12: 1.09µg (18.14%), Vitamin B2: 0.24mg (14.28%), Zinc: 1.63mg (10.87%), Manganese: 0.2mg (9.94%), Vitamin A: 486.39IU (9.73%), Iron: 1.66mg (9.22%), Vitamin B1: 0.13mg (8.92%), Vitamin E: 1.22mg (8.12%), Copper: 0.16mg (8.1%), Vitamin B3: 1.51mg (7.54%), Fiber: 1.62g (6.5%), Folate: 25.83µg (6.46%), Vitamin K: 6.34µg (6.04%), Magnesium: 22.49mg (5.62%), Potassium: 176.36mg (5.04%), Vitamin

B6: 0.08mg (4.01%), Vitamin C: 2.33mg (2.83%), Vitamin B5: 0.24mg (2.35%)