



Gorgonzola and Mortgage Lifter Tomato Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 1 tablespoon cornmeal
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 2.3 ounces flour all-purpose
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 ounces gorgonzola crumbled

- ☐ 0.5 teaspoon kosher salt
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 teaspoon salt
- ☐ 2 tomatoes cut into 1/4-inch-thick slices (1 pound)
- ☐ 1 tablespoon vital wheat gluten
- ☐ 0.3 cup water (100° to 110°)
- ☐ 2.5 ounces flour whole wheat

Equipment

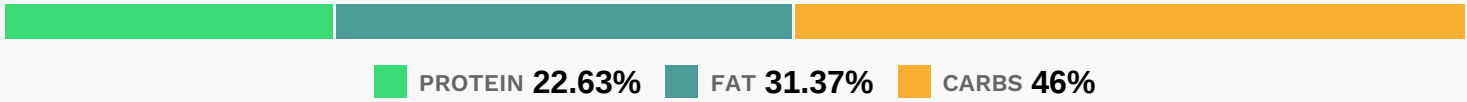
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast in 1/3 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Add flours, wheat gluten, oil, and 1/2 teaspoon kosher salt; stir until a soft dough forms.
- ☐ Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 3 minutes).
- ☐ Place dough in a bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Preheat oven to 45
- ☐ Punch dough down.
- ☐ Roll dough into a 10 x 14inch rectangle on a lightly floured surface.
- ☐ Place dough on a baking sheet coated with cooking spray and sprinkled with cornmeal. Cover and let rise in a warm place (85), free from drafts, 20 minutes.
- ☐ Sprinkle cheeses evenly over dough. Arrange tomato slices in a single layer over cheese.

- ☐
- Combine basil and remaining ingredients in a bowl; sprinkle mixture evenly over tomatoes.
- ☐
- Bake at 450 for 12 minutes or until crust is golden brown.
- ☐
- Cut pizza into 8 (5 x 3 1/2inch) rectangles.

Nutrition Facts



Properties

Glycemic Index:77.13, Glycemic Load:10.69, Inflammation Score:-8, Nutrition Score:15.559565310893%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 267.55kcal (13.38%), Fat: 9.53g (14.65%), Saturated Fat: 5.11g (31.94%), Carbohydrates: 31.42g (10.47%), Net Carbohydrates: 27.57g (10.02%), Sugar: 2.1g (2.34%), Cholesterol: 24.24mg (8.08%), Sodium: 739.27mg (32.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.92%), Manganese: 0.95mg (47.58%), Selenium: 22.79µg (32.56%), Vitamin B1: 0.45mg (29.8%), Phosphorus: 273.24mg (27.32%), Calcium: 263.96mg (26.4%), Folate: 95.76µg (23.94%), Vitamin B2: 0.31mg (18.43%), Vitamin A: 814.19IU (16.28%), Vitamin B3: 3.15mg (15.73%), Fiber: 3.86g (15.44%), Zinc: 1.9mg (12.68%), Magnesium: 48.1mg (12.03%), Vitamin B6: 0.22mg (11.06%), Iron: 1.94mg (10.78%), Vitamin C: 8.85mg (10.72%), Vitamin K: 10.83µg (10.32%), Potassium: 316.79mg (9.05%), Copper: 0.17mg (8.57%), Vitamin B5: 0.75mg (7.52%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.74mg (4.95%)