



## Herbed Cheese Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups bread flour divided
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 10 ounce cheese sliced
- ☐ 4.5 teaspoons yeast dry
- ☐ 3.3 cups flour all-purpose divided
- ☐ 3 tablespoons parsley fresh minced
- ☐ 5 garlic cloves minced
- ☐ 2 teaspoons ground cumin

- ☐ 0.8 teaspoon ground pepper black divided
- ☐ 1 teaspoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 teaspoon paprika hot
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 2 cups water divided (100° to 110°)

## Equipment

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

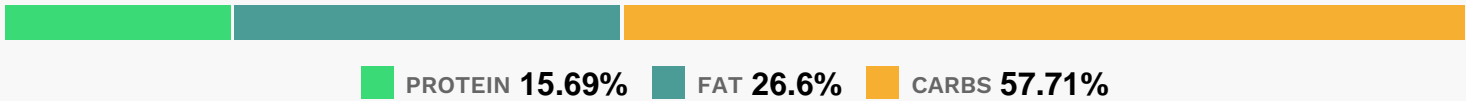
## Directions

- ☐ To prepare dough, weigh or lightly spoon bread flour into dry measuring cups; level with a knife.
- ☐ Combine 75 ounces (about 1 cup) bread flour, 1 cup warm water, sugar, and yeast in a bowl; let stand for 15 minutes.
- ☐ Weigh or lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine 5 ounces (about 3 cups) all-purpose flour, remaining 75 ounces (about 1 cup) bread flour, and 1 teaspoon salt in a large bowl; make a well in center.
- ☐ Add yeast mixture, remaining 1 cup warm water, and 2 teaspoons oil to flour mixture; stir well. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to

hands.

- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, for 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; divide dough into 8 equal portions. Cover and let rest 20 minutes.
- ☐ To prepare topping, combine oregano, cumin, paprika, and 1/2 teaspoon black pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 teaspoon olive oil to pan.
- ☐ Add onion; saut 3 minutes.
- ☐ Add 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, garlic, bay leaf, and tomatoes; bring to a boil. Reduce heat, and simmer for 15 minutes or until thick.
- ☐ Remove from heat; discard bay leaf.
- ☐ Preheat oven to 45
- ☐ Working with 1 dough portion at a time (cover remaining dough to keep from drying), roll each portion into a 6-inch circle on a lightly floured surface; place circle on a baking sheet coated with cooking spray. Repeat procedure with remaining dough portions. Top each crust with 1/4 cup tomato mixture, 1 1/4 ounces cheese, and 1/2 teaspoon oregano mixture.
- ☐ Bake at 450 for 12 minutes or until crusts are lightly browned.
- ☐ Sprinkle evenly with parsley.

## Nutrition Facts



## Properties

Glycemic Index:52.89, Glycemic Load:45.98, Inflammation Score:0, Nutrition Score:23.593043218488%

## Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 510.61kcal (25.53%), Fat: 15.19g (23.37%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 74.15g (24.72%), Net Carbohydrates: 68.84g (25.03%), Sugar: 6.15g (6.84%), Cholesterol: 35.44mg (11.81%), Sodium: 807.42mg (35.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.31%), Selenium: 40.83µg (58.33%), Vitamin B1: 0.72mg (48.01%), Manganese: 0.92mg (45.78%), Folate: 172.08µg (43.02%), Vitamin K: 35.62µg (33.92%), Vitamin B2: 0.56mg (33.19%), Calcium: 323.38mg (32.34%), Phosphorus: 304.22mg (30.42%), Vitamin B3: 5.37mg (26.87%), Iron: 4.79mg (26.63%), Fiber: 5.31g (21.24%), Copper: 0.37mg (18.41%), Vitamin A: 835.75IU (16.72%), Zinc: 2.46mg (16.39%), Vitamin C: 13.25mg (16.06%), Vitamin B6: 0.3mg (14.78%), Magnesium: 57.12mg (14.28%), Potassium: 488.95mg (13.97%), Vitamin E: 2.08mg (13.85%), Vitamin B5: 1.07mg (10.73%), Vitamin B12: 0.38µg (6.28%), Vitamin D: 0.21µg (1.42%)