



Herbed Cheese Pizzas

READY IN



130 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups bread flour divided
- ☐ 28 ounce canned tomatoes unsalted diced undrained canned
- ☐ 8 ounces kasseri cheese thinly sliced
- ☐ 4.5 teaspoons yeast dry
- ☐ 2 cups flour all-purpose divided
- ☐ 3 tablespoons flat-leaf parsley fresh minced
- ☐ 5 garlic cloves minced
- ☐ 2 teaspoons ground cumin

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

Equipment

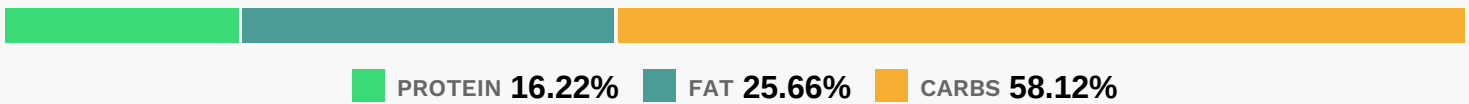
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

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, sugar, yeast, and 1 cup warm water in a bowl; let stand 15 minutes.
- ☐ Weigh or lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine 5 ounces (1 2/3 cups) all-purpose flour, remaining 75 ounces (about 1 cup) bread flour, and 3/4 teaspoon salt in a large bowl; make a well in center of mixture.
- ☐ Add yeast mixture, 1/2 cup warm water, and 1 teaspoon 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 all-purpose flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

- ☐ 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, 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; set aside.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ 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 to medium; simmer 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 ounce cheese, and 1/2 teaspoon oregano mixture.
- ☐ Bake at 450 for 12 minutes or until crusts are lightly browned.
- ☐ Sprinkle with minced parsley.

Nutrition Facts



Properties

Glycemic Index:52.89, Glycemic Load:35.15, Inflammation Score:-9, Nutrition Score:19.9595653026%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg 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: 401.76kcal (20.09%), Fat: 11.59g (17.83%), Saturated Fat: 5.73g (35.81%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 54.29g (19.74%), Sugar: 6.08g (6.75%), Cholesterol: 28.35mg (9.45%), Sodium: 687.25mg (29.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Selenium: 32.2µg (46%), Manganese: 0.78mg (39.08%), Vitamin B1: 0.56mg (37.65%), Folate: 134.85µg (33.71%), Vitamin K: 34.79µg (33.13%), Calcium: 269.84mg (26.98%), Vitamin B2: 0.44mg (25.68%), Phosphorus: 250.67mg (25.07%), Iron: 3.87mg (21.5%), Vitamin B3: 4.22mg (21.09%), Fiber: 4.78g (19.13%), Copper: 0.34mg (16.77%), Vitamin C: 13.25mg (16.06%), Vitamin A: 764.73IU (15.29%), Vitamin B6: 0.28mg (14.1%), Zinc: 2.06mg (13.73%), Potassium: 462.57mg (13.22%), Magnesium: 50.76mg (12.69%), Vitamin E: 1.87mg (12.45%), Vitamin B5: 0.96mg (9.58%), Vitamin B12: 0.3µg (5.03%), Vitamin D: 0.17µg (1.13%)