



Individual Fresh Mozzarella-Tomato Pizzas

 Vegetarian

READY IN



32 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 8 basil leaves fresh
- ☐ 6 ounces mozzarella cheese fresh
- ☐ 0.5 tablespoon olive oil
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt

- ☐ 8 ounces tomatoes thinly sliced
- ☐ 1 cup unbleached flour all-purpose divided plus more for kneading and dusting
- ☐ 0.8 cup warm water divided
- ☐ 0.8 cup flour whole-wheat
- ☐ 1 large bell pepper yellow cut into 1/2-inch wide strips

Equipment

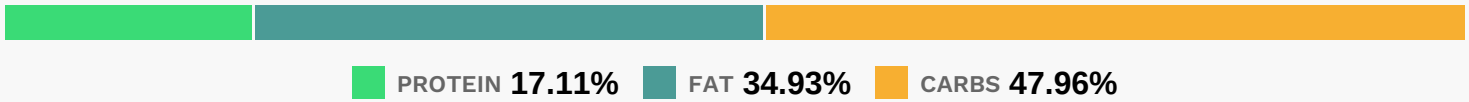
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ In a large bowl, stir together yeast, 1 tablespoon all-purpose flour, and 1/4 cup warm water and let stand until surface appears creamy (5 minutes).
- ☐ Add whole wheat and remaining all-purpose flour, remaining 1/2 cup water, salt, and oil and stir until smooth.
- ☐ Add a bit more flour if necessary for dough to begin to pull away from side of bowl.
- ☐ Knead dough on a floured surface until smooth, soft, and elastic (about 8 minutes). Form into a ball and place in a lightly oiled bowl. Cover with plastic wrap or a kitchen towel and let rise in a warm area until doubled (about 1 hour). Forty-five minutes before baking pizza, put a (12- x 17-inch) baking sheet on oven rack in lower third of oven and preheat to 50
- ☐ Heat 1 tablespoon olive oil in a small nonstick skillet over medium-high heat. Saut pepper strips with salt until just tender (6-8 minutes).
- ☐ Once dough has risen, dust with flour (do not punch dough down), and divide into 4 equal pieces.

- ☐
- Place one portion of dough in center of a piece of 8-inch-wide parchment paper. Pat dough evenly with your fingers and stretch into a 7-inch round, reflouring if necessary. Repeat with remaining 3 pieces of dough, each on its own piece of parchment.
- ☐
- Place 2 pizza rounds on a large baking sheet. Top each with 1/4 of the tomato slices, onion, pepper strips, then cheese.
- ☐
- Carefully slide pizzas on parchment onto hot baking sheet in oven.
- ☐
- Bake until dough is crisp and browned and cheese is golden (about 12 minutes).
- ☐
- Transfer pizzas on parchment to cutting board (leave hot baking sheet in oven). Cool 5 minutes.
- ☐
- Sprinkle with some basil. Make last 2 pizzas with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:18.66, Inflammation Score:-8, Nutrition Score:24.476087171098%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg, Quercetin: 6.39mg

Nutrients (% of daily need)

Calories: 403.94kcal (20.2%), Fat: 16g (24.62%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 44.13g (16.05%), Sugar: 3.27g (3.64%), Cholesterol: 33.59mg (11.2%), Sodium: 857.2mg (37.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.27%), Vitamin C: 95.28mg (115.49%), Manganese: 1.31mg (65.58%), Selenium: 32.15µg (45.93%), Vitamin B1: 0.61mg (40.86%), Folate: 137.89µg (34.47%), Phosphorus: 309.09mg (30.91%), Calcium: 247.89mg (24.79%), Vitamin B2: 0.41mg (24.3%), Vitamin B3: 4.51mg (22.53%), Fiber: 5.31g (21.23%), Vitamin A: 897.54IU (17.95%), Iron: 2.97mg (16.5%), Vitamin B12: 0.97µg (16.18%), Zinc: 2.42mg (16.14%), Magnesium: 62.7mg (15.67%), Vitamin B6: 0.31mg (15.27%), Copper: 0.25mg (12.71%), Potassium: 439.99mg (12.57%), Vitamin K: 12.58µg (11.98%), Vitamin E: 1.33mg (8.89%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 0.17µg (1.13%)