



## Low-Fat Basil Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup slivered basil leaves fresh
- 2 tablespoons capers drained
- 0.5 teaspoon chili flakes hot
- 0.5 teaspoon oregano dried
- 10 oz pizza crust dough refrigerated canned
- 0.3 cup sharp cheddar cheese grated
- 4 oz swiss cheese light shredded low-fat, reduced-fat
- 0.3 cup tomato paste

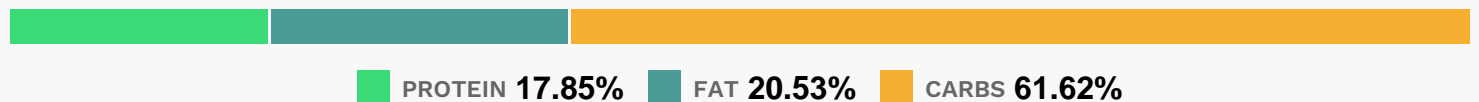
## Equipment

- bowl
- baking sheet
- oven
- pizza pan

## Directions

- Unfold dough. In a lightly oiled 12- to 14-inch pizza pan or on a 14- by 17-inch baking sheet, pat dough into a 12-inch-wide round with a slightly thicker 1/2-inch-wide rim.
- Bake crust on lowest rack in a 425 oven until lightly browned on the bottom, 6 to 8 minutes (5 to 6 minutes in a convection oven).
- In a bowl, combine tomato paste, 2 tablespoons water, and oregano.
- Spread tomato mixture over crust, but not rim.
- Sprinkle with capers. Drop shredded mozzarella cheese in clusters onto tomato mixture, then sprinkle with parmesan.
- Return pizza to lowest oven rack and bake until mozzarella softens, about 3 minutes (2 minutes in a convection oven). Scatter basil leaves and chili flakes over pizza.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:7.6917390745619%

## Flavonoids

Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

## Nutrients (% of daily need)

Calories: 298.29kcal (14.91%), Fat: 6.91g (10.64%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 46.69g (15.56%), Net Carbohydrates: 43.77g (15.92%), Sugar: 7.43g (8.25%), Cholesterol: 18.14mg (6.05%), Sodium: 988.14mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.05%), Calcium: 241.28mg (24.13%), Vitamin

K: 18.2µg (17.33%), Iron: 2.92mg (16.24%), Phosphorus: 152.58mg (15.26%), Vitamin A: 711.47IU (14.23%), Fiber: 2.92g (11.68%), Vitamin E: 1.18mg (7.86%), Vitamin B2: 0.13mg (7.69%), Selenium: 5.36µg (7.66%), Potassium: 263.68mg (7.53%), Vitamin C: 5.86mg (7.1%), Zinc: 0.97mg (6.5%), Manganese: 0.12mg (6.15%), Copper: 0.12mg (5.87%), Magnesium: 19.98mg (4.99%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.8mg (3.98%), Vitamin B12: 0.23µg (3.87%), Folate: 8.79µg (2.2%), Vitamin B1: 0.02mg (1.4%)