

Margherita Pizza

READY IN



40 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cornmeal divided
- ☐ 2.3 teaspoons yeast dry
- ☐ 3 cups flour all-purpose divided
- ☐ 1 tablespoon basil fresh chopped
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon olive oil

- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 teaspoon salt divided
- ☐ 2 teaspoons sugar
- ☐ 2 large tomatoes sliced
- ☐ 1 cup warm water (100°to 110°)

Equipment

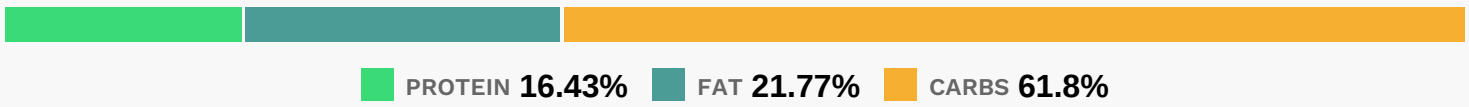
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Dissolve yeast and sugar in water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 1/2 cups flour, 1 tablespoon cornmeal, 1 tablespoon olive oil, and 1/4 teaspoon salt to yeast mixture. 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 (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, 50 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- ☐ Preheat oven to 40
- ☐ Roll dough into a 13-inch circle on a floured surface.
- ☐ Place dough on a baking sheet sprinkled with 1 tablespoon cornmeal. Crimp edges of dough with fingers to form a rim. Cover and let dough rise 15 minutes or until puffy.
- ☐ Combine cheeses; set aside.

- ☐ Combine parsley, garlic, and 1 teaspoon olive oil.
- ☐ Brush garlic mixture over dough. Top with 1 cup cheese mixture and tomato slices.
- ☐ Sprinkle with remaining cheese mixture, 1/4 teaspoon salt, and pepper.
- ☐ Bake at 400 for 20 minutes or until cheese melts.
- ☐ Sprinkle with basil.
- ☐ Let pizza stand 5 minutes.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:55.32, Glycemic Load:28.38, Inflammation Score:-8, Nutrition Score:15.336956446585%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 273.58kcal (13.68%), Fat: 6.58g (10.12%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 39.57g (14.39%), Sugar: 2.59g (2.87%), Cholesterol: 11.62mg (3.87%), Sodium: 332.36mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Vitamin K: 68.05µg (64.81%), Vitamin B1: 0.5mg (33.31%), Folate: 121.31µg (30.33%), Selenium: 19.46µg (27.8%), Manganese: 0.44mg (21.76%), Vitamin B2: 0.34mg (19.95%), Calcium: 188.66mg (18.87%), Vitamin B3: 3.54mg (17.72%), Phosphorus: 175.86mg (17.59%), Vitamin A: 815.07IU (16.3%), Iron: 2.76mg (15.33%), Vitamin C: 11.74mg (14.23%), Fiber: 2.46g (9.83%), Zinc: 1.1mg (7.36%), Magnesium: 26.84mg (6.71%), Copper: 0.13mg (6.3%), Potassium: 218.28mg (6.24%), Vitamin B6: 0.12mg (6.07%), Vitamin E: 0.67mg (4.46%), Vitamin B5: 0.44mg (4.45%), Vitamin B12: 0.17µg (2.88%)