



Margherita Tortilla Pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves shredded finely
- ☐ 4 10-inch flour tortillas
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano cheese freshly grated
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 cups mozzarella cheese fresh shredded
- ☐ 4 tomatoes

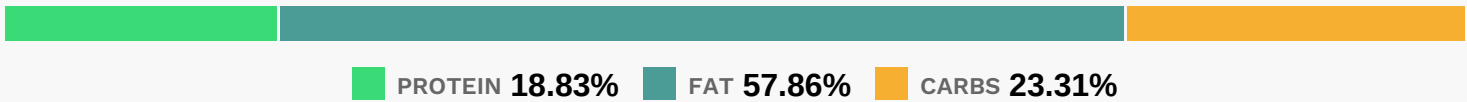
Equipment

- ☐ oven
- ☐ pizza stone

Directions

- ☐ Set a pizza stone in the oven and preheat the oven to 500, allowing at least 45 minutes for the stone to heat.
- ☐ Brush both sides of one tortilla with olive oil.
- ☐ Place the tortilla on a lightly floured pizza peel and sprinkle with 1 tablespoon of the Parmigiano-Reggiano cheese. Thinly slice 1 tomato; arrange on the tortilla. Season with salt and pepper and top with 1 cup of the mozzarella.
- ☐ Drizzle lightly with olive oil.
- ☐ Slide the tortilla onto the hot pizza stone and bake for about 8 minutes, until the pizza is crisp on the bottom and the cheese is bubbling.
- ☐ Garnish with 1/4 cup of the shredded basil, cut the pizza into 8 wedges and serve. Repeat with the remaining tortillas, tomatoes, cheeses and basil.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:12.94, Inflammation Score:-9, Nutrition Score:26.98608671064%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 721.98kcal (36.1%), Fat: 46.52g (71.58%), Saturated Fat: 19.77g (123.55%), Carbohydrates: 42.18g (14.06%), Net Carbohydrates: 38.16g (13.87%), Sugar: 7.05g (7.84%), Cholesterol: 92.73mg (30.91%), Sodium: 1518.03mg (66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.15%), Calcium: 764.98mg (76.5%), Phosphorus: 616.94mg (61.69%), Selenium: 36.07µg (51.54%), Vitamin K: 50.77µg (48.35%), Vitamin B12: 2.63µg (43.81%), Vitamin A: 2147.02IU (42.94%), Vitamin B2: 0.56mg (33.12%), Manganese: 0.59mg (29.51%), Vitamin B1:

0.44mg (29.05%), Zinc: 4.07mg (27.14%), Folate: 96.61µg (24.15%), Vitamin C: 17.93mg (21.73%), Iron: 3.69mg (20.49%), Vitamin B3: 4.01mg (20.06%), Vitamin E: 2.95mg (19.7%), Fiber: 4.02g (16.09%), Magnesium: 57.92mg (14.48%), Potassium: 487.76mg (13.94%), Vitamin B6: 0.2mg (9.81%), Copper: 0.18mg (9.15%), Vitamin B5: 0.42mg (4.23%), Vitamin D: 0.48µg (3.2%)