



## Mozzarella and Basil Pizza

READY IN



75 min.

SERVINGS



6

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 basil fresh
- ☐ 4 ounces mozzarella fresh sliced
- ☐ 8 ounce pizza dough
- ☐ 0.5 cup tomato sauce

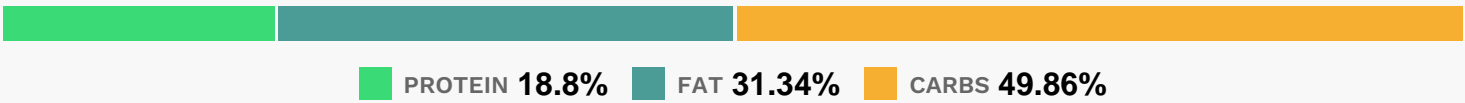
## Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven

# Directions

- ☐ Place Pizza Dough on a large sheet of parchment paper. Cover with a damp towel; let rise in a warm place (85), free from drafts, 45 minutes.
- ☐ Preheat oven to 50
- ☐ Roll dough into a 12-inch circle on parchment paper. Crimp edges of dough to form a 1/2-inch border. Slide dough and parchment paper onto a large baking sheet.
- ☐ Place on bottom rack in oven.
- ☐ Bake at 500 for 5 minutes.
- ☐ Spread Pizza Sauce evenly onto crust, leaving a 1/2-inch border. Top with cheese slices.
- ☐ Bake an additional 10 minutes or until crust is golden and cheese melts.
- ☐ Remove from oven; let stand 5 minutes. Top with basil leaves; cut into wedges.
- ☐ Note: If using refrigerated Pizza Dough, let dough rise as directed in step 1 for 1 hour. Proceed as directed in recipe.

## Nutrition Facts



## Properties

Glycemic Index:23.67, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.2373913111894%

## Nutrients (% of daily need)

Calories: 154.77kcal (7.74%), Fat: 5.46g (8.4%), Saturated Fat: 2.79g (17.41%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 18.66g (6.79%), Sugar: 3.27g (3.63%), Cholesterol: 14.93mg (4.98%), Sodium: 488.6mg (21.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Calcium: 99.72mg (9.97%), Iron: 1.33mg (7.36%), Phosphorus: 72.87mg (7.29%), Vitamin B12: 0.43µg (7.18%), Vitamin A: 258.37IU (5.17%), Selenium: 3.34µg (4.77%), Vitamin K: 4.33µg (4.12%), Zinc: 0.6mg (4.02%), Vitamin B2: 0.07mg (3.96%), Fiber: 0.89g (3.54%), Vitamin E: 0.34mg (2.24%), Potassium: 77.36mg (2.21%), Vitamin C: 1.57mg (1.91%), Magnesium: 7.35mg (1.84%), Manganese: 0.04mg (1.83%), Copper: 0.03mg (1.43%), Vitamin B6: 0.03mg (1.41%), Vitamin B3: 0.23mg (1.15%)