



No-oven pizza

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 225 g self raising flour
- ☐ 3 tbsp olive oil for frying
- ☐ 1 tsp olive oil
- ☐ 1 onion sliced
- ☐ 3 garlic clove crushed
- ☐ 250 g cherry tomatoes halved
- ☐ 4 tbsp passata
- ☐ 1 handful basil fresh chopped

☐ 50 g cheddar cheese grated

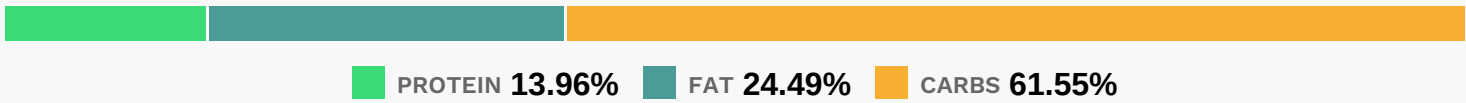
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the oil in a frying pan, then add the onion and garlic and cook for 5 mins. Tip in tomatoes and passata, and simmer for 5–10 mins or until the tomatoes are soft.
- ☐ Remove from the heat, stir in the basil, season, then allow to cool.
- ☐ Put the flour into a bowl. Make a well in the centre, add the olive oil then add 6–7 tbsp warm water or enough to make a soft dough. Tip the dough onto a lightly floured surface and roll out to fit a 22cm frying pan or make 2 small ones.
- ☐ Heat a glug of olive oil in the frying pan, then press the dough into the pan and cook over a medium heat for 8–10 mins or until the base is golden.
- ☐ Heat grill to hot.
- ☐ Spread the pizza base with the tomato sauce, scatter on the cheese and grill until it has melted and the base is golden at the edges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.25, Glycemic Load:27.29, Inflammation Score:-6, Nutrition Score:10.585652206255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.72mg, Quercetin: 6.72mg,

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Nutrients (% of daily need)

Calories: 314.37kcal (15.72%), Fat: 8.55g (13.16%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 48.37g (16.12%), Net Carbohydrates: 45.76g (16.64%), Sugar: 3.73g (4.15%), Cholesterol: 12.5mg (4.17%), Sodium: 95.8mg (4.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.97g (21.94%), Selenium: 26.75µg (38.22%), Manganese: 0.62mg (30.91%), Vitamin C: 18.77mg (22.76%), Phosphorus: 147.41mg (14.74%), Calcium: 117.88mg (11.79%), Copper: 0.22mg (10.93%), Vitamin A: 540.73IU (10.81%), Fiber: 2.61g (10.46%), Vitamin E: 1.46mg (9.73%), Potassium: 323.04mg (9.23%), Folate: 36.71µg (9.18%), Vitamin B6: 0.16mg (8.03%), Zinc: 1.16mg (7.73%), Iron: 1.37mg (7.59%), Magnesium: 30.38mg (7.59%), Vitamin B2: 0.13mg (7.39%), Vitamin K: 6.93µg (6.6%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 1.19mg (5.94%), Vitamin B5: 0.5mg (4.97%), Vitamin B12: 0.13µg (2.21%)