



Phyllo Pizza with Smoked Mozzarella and Cherry Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces cherry tomatoes
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 2 teaspoons oregano fresh coarsely chopped
- ☐ 4 tablespoons parmesan cheese divided finely grated
- ☐ 9 inch sheets dough fresh frozen thawed

- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 0.5 bell pepper yellow cut into thin strips

Equipment

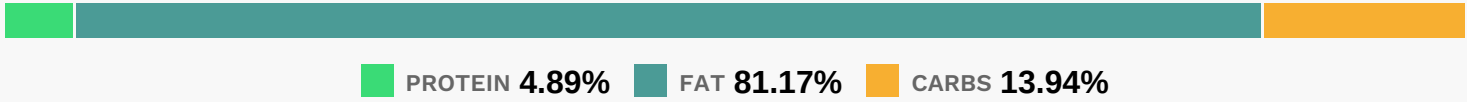
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Preheat oven to 400°F. Toss tomatoes, olive oil, salt, and oregano in medium bowl. Scatter tomatoes on large rimmed baking sheet; roast until soft and beginning to collapse, about 22 minutes.
- ☐ Remove from oven and let tomato mixture cool. Maintain oven temperature.
- ☐ Place stack of phyllo sheets on work surface and cover with plastic wrap, then damp kitchen towel to prevent drying.
- ☐ Brush another large rimmed baking sheet with some of melted butter.
- ☐ Place 1 phyllo sheet on baking sheet.
- ☐ Brush lightly with melted butter and top with second phyllo sheet.
- ☐ Brush with butter and top with third sheet; brush with butter.
- ☐ Sprinkle with 1 tablespoon Parmesan. Repeat 3 more times for total of 12 phyllo sheets and 4 tablespoons Parmesan.
- ☐ Sprinkle stacked phyllo sheets with grated mozzarella, leaving 1/2-inch plain border. Top with roasted tomatoes, pepper strips, and olives.
- ☐ Bake pizza until phyllo is crisp, 25 to 27 minutes.
- ☐ Sprinkle 2 teaspoons fresh oregano over, loosen pizza from sheet with large metal spatula, and slide onto cutting board.

- ☐ *Also called mozzarella affumicata; sold at some specialty foods stores and at cheese shops. If unavailable, use regular (not fresh) whole-milk mozzarella.
- ☐ Per serving: 313 calories, 21 g fat, 2 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 8, Glycemic Load: 0.75, Inflammation Score: -8, Nutrition Score: 5.8543477991353%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 169.68kcal (8.48%), Fat: 15.83g (24.35%), Saturated Fat: 8.22g (51.41%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.02g (1.82%), Sugar: 1.49g (1.66%), Cholesterol: 33mg (11%), Sodium: 463.4mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin C: 31.14mg (37.75%), Vitamin A: 712.07IU (14.24%), Vitamin E: 1.36mg (9.1%), Vitamin K: 9.38µg (8.94%), Manganese: 0.14mg (6.75%), Calcium: 57.01mg (5.7%), Iron: 0.92mg (5.12%), Potassium: 169.89mg (4.85%), Phosphorus: 47.06mg (4.71%), Fiber: 1.1g (4.39%), Folate: 16.07µg (4.02%), Vitamin B6: 0.08mg (3.81%), Selenium: 2.6µg (3.71%), Copper: 0.07mg (3.64%), Vitamin B1: 0.05mg (3.2%), Vitamin B3: 0.61mg (3.03%), Vitamin B2: 0.05mg (2.88%), Magnesium: 11.19mg (2.8%), Zinc: 0.3mg (1.98%), Vitamin D: 0.23µg (1.51%), Vitamin B5: 0.14mg (1.37%), Vitamin B12: 0.07µg (1.15%)