

## Pick 'n' mix pizza

READY IN



50 min.

SERVINGS



4

CALORIES



1205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 500 g bread flour white
- ☐ 1 tbsp olive oil
- ☐ 350 ml water
- ☐ 7 g bread machine yeast
- ☐ 1 tsp salt
- ☐ 400 g tomatoes chopped
- ☐ 4 servings mild cheddar cheese grated
- ☐ 4 servings ham
- ☐ 4 servings pepperoni sliced

- ☐ 4 servings regular corn   canned
- ☐ 4 servings pineapple rings   fresh canned
- ☐ 4 servings bacon   cooked chopped
- ☐ 4 servings peas
- ☐ 4 servings eggs   for an easter pizza (nice )

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve

## Directions

- ☐ Make the dough in your breadmaker on the dough setting. Ours takes 45 minutes, but timing will vary according to your machine.
- ☐ Make the tomato sauce.
- ☐ Put the chopped tomatoes and tomato pure into a pan and bring to the boil, then simmer for about 10 minutes to boil off the liquid. My children dont like the bits so I sieve the sauce, but its up to you.
- ☐ Preheat the oven to fan 200C/conventional 220C/gas
- ☐ Divide the dough into 4-5 balls, dust with flour and roll out on a floured surface or directly on to your baking sheets if you have ones with no sides. If you sprinkle a little olive oil over the flour underneath the dough, this mix acts as a glue so you can roll the pizzas really thin.
- ☐ Once the dough is on the sheets, spread a layer of tomato sauce over, then sprinkle with grated cheese and add the toppings of your choice.
- ☐ Bake for 15 minutes.
- ☐ Remove the pizzas from the oven. If you like an extra crispy base, take them off the trays and put them back in the oven directly on the shelves for a further 5 minutes. For those who like eggs on their pizza, I fry them to order and slide them on at the last minute.

## Nutrition Facts



 **PROTEIN 20.52%**  **FAT 38.44%**  **CARBS 41.04%**

Properties

Glycemic Index:64.96, Glycemic Load:70.78, Inflammation Score:-9, Nutrition Score:44.327391500058%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1204.87kcal (60.24%), Fat: 51.41g (79.1%), Saturated Fat: 19.05g (119.08%), Carbohydrates: 123.52g (41.17%), Net Carbohydrates: 112.86g (41.04%), Sugar: 11.03g (12.25%), Cholesterol: 280.47mg (93.49%), Sodium: 2426.24mg (105.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.74g (123.48%), Selenium: 104.19µg (148.84%), Manganese: 1.73mg (86.61%), Vitamin B1: 1.25mg (83.15%), Phosphorus: 771.88mg (77.19%), Vitamin C: 47.03mg (57.01%), Vitamin B3: 11.33mg (56.67%), Vitamin B2: 0.91mg (53.72%), Zinc: 7.3mg (48.65%), Folate: 193.01µg (48.25%), Vitamin B6: 0.94mg (47.01%), Vitamin A: 2133.93IU (42.68%), Fiber: 10.66g (42.66%), Potassium: 1163.44mg (33.24%), Vitamin B5: 3.15mg (31.54%), Magnesium: 124.92mg (31.23%), Copper: 0.62mg (31%), Calcium: 301.67mg (30.17%), Vitamin K: 31.16µg (29.68%), Vitamin B12: 1.7µg (28.25%), Iron: 4.87mg (27.05%), Vitamin E: 3.02mg (20.12%), Vitamin D: 2.05µg (13.65%)