



## Pizza Margherita

READY IN



22 min.

SERVINGS



22

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 basil leaves fresh
- 2 cloves garlic minced
- 1.5 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 0.3 cup slivered onions red
- 1 ready-to-use baked pizza crust
- 2 large plum tomatoes thinly sliced

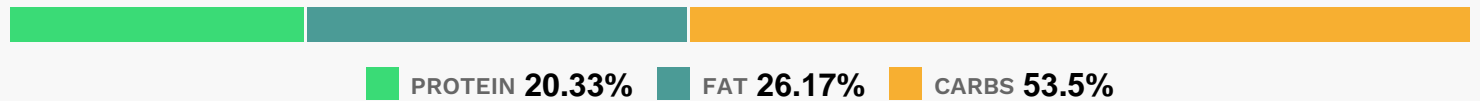
## Equipment

- oven

## Directions

- Heat oven to 425F.
- Reserve 1/2 cup mozzarella; sprinkle remaining onto pizza crust. Top with all remaining ingredients; sprinkle with reserved mozzarella.
- Place crust directly on middle oven rack.
- Bake 10 to 12 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.3413043585808%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 70.67kcal (3.53%), Fat: 2.05g (3.15%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 9.04g (3.29%), Sugar: 0.59g (0.65%), Cholesterol: 4.89mg (1.63%), Sodium: 143.13mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Calcium: 77.81mg (7.78%), Phosphorus: 37.74mg (3.77%), Iron: 0.53mg (2.97%), Vitamin A: 91.42IU (1.83%), Selenium: 1.15µg (1.64%), Zinc: 0.23mg (1.52%), Fiber: 0.38g (1.51%), Vitamin B2: 0.03mg (1.48%), Vitamin C: 1.02mg (1.23%), Vitamin K: 1.18µg (1.13%), Vitamin B12: 0.06µg (1.04%)