



Pizza Margherita

 Vegetarian

READY IN



59 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons active yeast dry
- 1 Sprig basil fresh
- 10 basil leaves washed
- 6 servings pepper black freshly ground
- 28 ounce canned tomatoes whole canned peeled roughly chopped
- 3 cups flour all-purpose plus more for kneading
- 4 ounces mozzarella cheese fresh thinly sliced
- 3 cloves garlic chopped

- 0.5 teaspoon kosher salt
- 1.5 teaspoons kosher salt
- 2 teaspoons kosher salt
- 2 tablespoons olive oil extra-virgin
- 3 tablespoons olive oil extra-virgin as needed plus more
- 2 teaspoons sugar
- 1 Sprig thyme leaves fresh
- 1 cup tepid water

Equipment

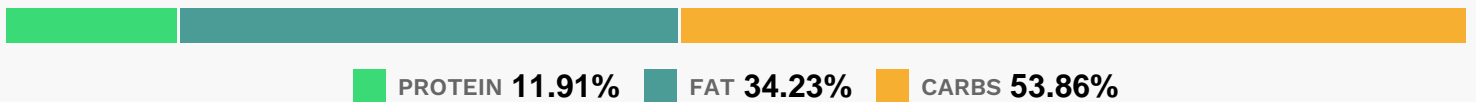
- bowl
- baking sheet
- oven
- whisk
- plastic wrap
- wooden spoon
- measuring cup

Directions

- Make 1 recipe of pizza dough and let rise according to the recipe directions.
- Punch down the dough, divide in 1/2 and loosely form 2 balls.
- Place 1 ball in a well-greased plastic storage bag and store in the refrigerator for up to 2 days.
- Place the other on a floured surface, cover with a large inverted bowl, and allow to rest for 15 minutes.
- Place a large baking stone on the oven's lowest rack and preheat to 400 degrees F.
- Generously dust a wooden peel with flour and place dough on the peel. Make a disk shape by pressing dough with the heel of your hands, rotating the dough between presses. Continue to press and stretch dough into a 12-inch circle, about 1/8-inch thick.
- Spread the sauce on the pizza in a thin, even layer, making sure to leave a 1/4-inch border around the edges of the pizza. Season with salt and pepper. Top with the mozzarella.

- Slide the pizza onto the baking stone and bake for 10 to 14 minutes, or until the cheese is melted and bubbly and the bottom of the crust begins to brown.
- Remove from the oven, tear the basil leaves and scatter over the pizza. Slice with a pizza wheel and serve immediately.
- Stir the water, oil, sugar, and salt in a liquid measuring cup until the sugar dissolves.
- Whisk the flour and yeast in a large bowl, make a well in the center and add the liquid mixture. With a wooden spoon or your hand, gradually stir the flour into the liquid to make a rough dough. Pull the dough together into a ball, (if there is a bit of flour left, don't fret).
- Turn the dough out onto a clean work surface dusted with flour. Knead until the dough is smooth and elastic, about 5 minutes, using more flour if necessary to keep from sticking. Divide into 4 equal portions, form into balls, and put on a lightly oiled baking sheet.
- Brush the tops of the dough with oil, cover with plastic wrap, and set aside to rise at room temperature until doubled, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:76.18, Glycemic Load:38.42, Inflammation Score:-8, Nutrition Score:19.123478308968%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 440.21kcal (22.01%), Fat: 16.96g (26.09%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 60.03g (20.01%), Net Carbohydrates: 55.52g (20.19%), Sugar: 7.53g (8.37%), Cholesterol: 14.93mg (4.98%), Sodium: 1847.65mg (80.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.55%), Vitamin B1: 0.68mg (45.64%), Folate: 151.91µg (37.98%), Manganese: 0.73mg (36.63%), Selenium: 25.49µg (36.41%), Vitamin B3: 5.66mg (28.31%), Vitamin B2: 0.47mg (27.4%), Iron: 4.9mg (27.19%), Vitamin E: 3.42mg (22.78%), Phosphorus: 184.88mg (18.49%), Vitamin K: 19µg (18.09%), Fiber: 4.51g (18.03%), Copper: 0.36mg (17.79%), Vitamin C: 13.09mg (15.86%), Calcium: 157.91mg (15.79%), Potassium: 488.07mg (13.94%), Vitamin B6: 0.27mg (13.28%), Magnesium: 46.3mg (11.57%), Zinc: 1.45mg (9.64%), Vitamin A: 473.55IU (9.47%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.43µg (7.19%)