



food
network

Pizza Margherita

 Vegetarian

READY IN



93 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups flour all-purpose
- ☐ 8 leaves basil fresh
- ☐ 8 ounces mozzarella cheese fresh sliced into 12 equal pieces
- ☐ 1.5 ounces yeast fresh
- ☐ 1 teaspoon kosher salt
- ☐ 1 cup passata
- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water

Equipment

- ☐ bowl
- ☐ oven
- ☐ wooden spoon
- ☐ pizza stone

Directions

- ☐ Combine the water, yeast and sugar in a large bowl and stir until dissolved.
- ☐ Add salt and 1 cup of the flour and mix with a wooden spoon to make a loose batter.
- ☐ Add 2 more cups of the flour and stir with the spoon for 2 to 3 minutes to incorporate as much flour as possible.
- ☐ Bring the dough together by hand and turn out onto a floured board or marble surface. Knead for 6 to 8 minutes, until you have made a smooth, firm dough.
- ☐ Place the dough in a lightly oiled bowl and cover with a towel. Set aside to rise in the warmest part of the kitchen for 45 minutes.
- ☐ Cut the risen dough into 4 equal pieces and knead each portion into a round. Cover again and let rest 15 minutes.
- ☐ For the pizza: Preheat the oven to 450 degrees F.
- ☐ Place a clean pizza stone in oven to preheat.
- ☐ Dust a clean work surface lightly with flour. With your fingers and palms, flatten one of the dough rounds into a 10-inch oval about 1/4-inch thick.
- ☐ Spread 1/4 cup of the passata evenly on entire surface of dough, leaving 1/4-inch of dough to form edge of pizza. Take some of the of mozzarella and put on top of passata. Rip 2 leaves of basil into smaller pieces and sprinkle on top of mozzarella. Slide pizza directly onto pizza stone and bake 15 to 18 minutes, until edge of pizza is golden brown and cheese is bubbling. Repeat with remaining 3 dough balls and serve hot.
- ☐ Recipe adapted from Mario Batali: Holiday Food

Nutrition Facts



 **PROTEIN 17.68%**  **FAT 22.9%**  **CARBS 59.42%**

Properties

Glycemic Index:60.52, Glycemic Load:52.8, Inflammation Score:-8, Nutrition Score:25.749565280002%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 550.34kcal (27.52%), Fat: 13.93g (21.44%), Saturated Fat: 7.65g (47.79%), Carbohydrates: 81.34g (27.11%), Net Carbohydrates: 76.75g (27.91%), Sugar: 4.86g (5.4%), Cholesterol: 44.79mg (14.93%), Sodium: 962.44mg (41.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.21g (48.42%), Folate: 266.54µg (66.64%), Vitamin B1: 0.97mg (64.59%), Selenium: 42.73µg (61.04%), Vitamin B2: 0.79mg (46.74%), Manganese: 0.8mg (39.81%), Vitamin B3: 7.83mg (39.13%), Phosphorus: 363.24mg (36.32%), Iron: 6.09mg (33.86%), Calcium: 317.58mg (31.76%), Zinc: 3.61mg (24.08%), Vitamin B12: 1.29µg (21.56%), Fiber: 4.6g (18.38%), Copper: 0.35mg (17.51%), Vitamin A: 754.79IU (15.1%), Potassium: 484.76mg (13.85%), Magnesium: 51.84mg (12.96%), Vitamin B5: 1.29mg (12.89%), Vitamin B6: 0.19mg (9.41%), Vitamin E: 1.4mg (9.35%), Vitamin C: 6.82mg (8.26%), Vitamin K: 7.86µg (7.49%), Vitamin D: 0.23µg (1.51%)