



Pizza Margherita

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6.5 oz bette hagan's pizza/french bread flour mix
- ☐ 4 oz mozzarella fresh drained well
- ☐ 14.5 oz canned tomatoes diced fire roasted drained canned
- ☐ 0.3 teaspoon salt
- ☐ 1 serving cracked wheat fresh to taste
- ☐ 0.3 cup basil fresh thin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

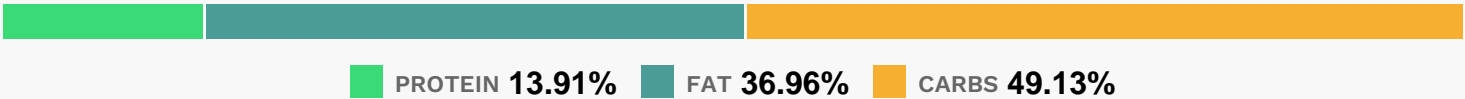
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 425°F. Grease cookie sheet or pizza pan. Make pizza crust as directed on pouch. Press dough into 12-inch circle on cookie sheet or pizza pan, using floured fingers. Press dough from center to edge so edge is slightly thicker than center.
- ☐ Cut mozzarella into 1/4-inch slices.
- ☐ Place cheese on dough to within 1/2 inch of edge. Arrange tomatoes on cheese.
- ☐ Sprinkle with salt, pepper, 2 tablespoons of the basil and the oregano.
- ☐ Drizzle with oil.
- ☐ Bake 15 to 20 minutes or until crust is golden brown and cheese is melted.
- ☐ Sprinkle with remaining 2 tablespoons basil.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:7.96347831384%

Nutrients (% of daily need)

Calories: 319.22kcal (15.96%), Fat: 13.04g (20.07%), Saturated Fat: 5.48g (34.22%), Carbohydrates: 39.01g (13%), Net Carbohydrates: 36.76g (13.37%), Sugar: 3.97g (4.41%), Cholesterol: 22.4mg (7.47%), Sodium: 832.38mg (36.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.09%), Iron: 11.35mg (63.07%), Calcium: 196.74mg (19.67%), Vitamin K: 16.76µg (15.96%), Vitamin A: 703.1IU (14.06%), Vitamin B12: 0.65µg (10.77%), Phosphorus: 103.91mg (10.39%), Fiber: 2.25g (9.01%), Selenium: 4.88µg (6.97%), Zinc: 0.87mg (5.83%), Vitamin E: 0.8mg (5.32%), Vitamin B2: 0.09mg (5.17%), Manganese: 0.09mg (4.42%), Vitamin C: 2.15mg (2.6%), Magnesium: 10.01mg (2.5%), Folate: 5.97µg (1.49%), Vitamin B6: 0.03mg (1.29%), Potassium: 42.8mg (1.22%)