

Pizza Margherita

 Vegetarian

READY IN



4500 min.

SERVINGS



6

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce yeast dry ()
- ☐ 4 basil plus more for sprinkling
- ☐ 14 ounces frangelico whole canned
- ☐ 6 ounces mozzarella fresh cut into 1/4-inch-thick slices
- ☐ 2 large garlic clove smashed
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon sugar

- ☐ 1.8 cups flour for dusting all-purpose divided plus more
- ☐ 0.8 cup water divided

Equipment

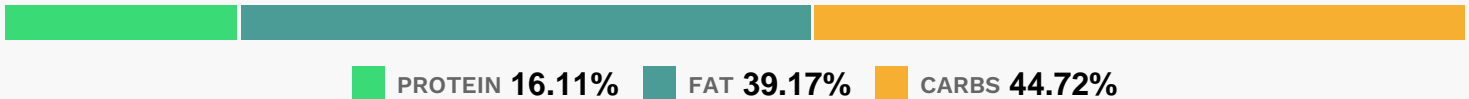
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board
- ☐ pizza stone

Directions

- ☐ Stir together yeast, 1 tablespoon flour, and 1/4 cup warm water in a large bowl and let stand until surface appears creamy, about 5 minutes. (If mixture doesn't appear creamy, discard and start over with new yeast.)
- ☐ Add 1 1/4 cups flour, remaining 1/2 cup water, salt, and oil and stir until smooth. Stir in enough flour (1/4 to 1/3 cup) for dough to begin to pull away from side of bowl. (Dough will be slightly wet.)
- ☐ Knead on a floured surface, lightly reflouring when dough becomes too sticky, until smooth, soft, and elastic, about 8 minutes. Form into a ball, put in a bowl, and dust with flour. Cover with plastic wrap or a kitchen towel (not terry cloth) and let rise in a draft-free place at warm room temperature until doubled, about 1 1/4 hours.
- ☐ Pulse tomatoes with juice in a blender briefly to make a chunky purée.
- ☐ Cook garlic in oil in a small heavy saucepan over medium-low heat until fragrant and pale golden, about 2 minutes.
- ☐ Add tomato purée, basil, sugar, and 1/8 teaspoon salt and simmer, uncovered, stirring occasionally, until thickened and reduced to about 3/4 cup, about 40 minutes. Season with salt and cool.

- ☐ At least 45 minutes before baking pizza, put stone on oven rack in lower third of electric oven (or on floor of gas oven) and preheat oven to 500°F.
- ☐ Do not punch down. Dust dough with flour, then transfer to a parchment-lined pizza peel or large baking sheet. Pat out dough evenly with your fingers and stretch into a 14-inch round, reflouring fingers if necessary.
- ☐ Spread sauce over dough, leaving a 1-inch border (there may be some sauce left over). Arrange cheese on top, leaving a 2- to 3-inch border.
- ☐ Slide pizza on parchment onto pizza stone.
- ☐ Bake until dough is crisp and browned and cheese is golden and bubbling in spots, 13 to 16 minutes. Using peel or baking sheet, transfer pizza to a cutting board. Cool 5 minutes.
- ☐ Sprinkle with some basil leaves before slicing.
- ☐ •Dough can be allowed to rise slowly in the refrigerator (instead of in a warm place) for 1 day. Bring to room temperature before shaping. •Tomato sauce can be made 5 days ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:20.51, Inflammation Score:-5, Nutrition Score:9.5013043128926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 265.04kcal (13.25%), Fat: 11.46g (17.63%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 29.43g (9.81%), Net Carbohydrates: 28.11g (10.22%), Sugar: 0.57g (0.63%), Cholesterol: 22.4mg (7.47%), Sodium: 568.42mg (24.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Vitamin B1: 0.43mg (28.45%), Selenium: 17.42µg (24.88%), Folate: 96.56µg (24.14%), Vitamin B2: 0.31mg (18.17%), Calcium: 152.45mg (15.24%), Phosphorus: 148.94mg (14.89%), Manganese: 0.28mg (14.08%), Vitamin B3: 2.67mg (13.33%), Vitamin B12: 0.65µg (10.79%), Iron: 1.9mg (10.54%), Zinc: 1.19mg (7.96%), Fiber: 1.33g (5.31%), Vitamin E: 0.75mg (5%), Vitamin K: 4.7µg (4.48%), Vitamin A: 205.8IU (4.12%), Magnesium: 15.06mg (3.76%), Vitamin B5: 0.37mg (3.66%), Copper: 0.07mg (3.49%), Vitamin B6: 0.06mg (2.85%), Potassium: 76.76mg (2.19%)