



WHATSheATE

Pizza Margherita



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil thinly sliced
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 20 ounce pizza dough frozen thawed
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 tomatoes thinly sliced

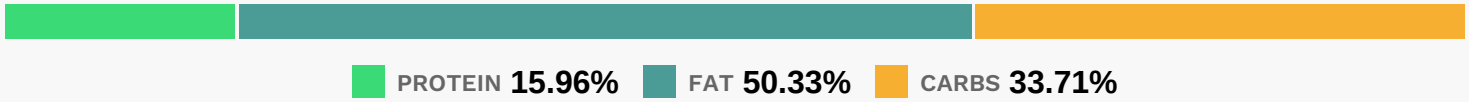
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Arrange oven racks in the lower and upper third of the oven.
- ☐ Heat the oven to 475 F.
- ☐ Roll out the dough on a well-floured surface to make two 12-inch rounds and transfer to two ungreased baking sheets (or two 12-inch pizza pans). Arrange the tomatoes on top of the dough, overlapping them slightly.
- ☐ Drizzle the pizza with oil and season well with salt and freshly ground pepper.
- ☐ Bake pizzas for 10 minutes, remove from the oven, top with the mozzarella and basil, and bake 5 minutes longer, until the cheese melts and the edges of the pies are crisp and lightly browned.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.44, Inflammation Score:-9, Nutrition Score:22.619565175927%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 548.59kcal (27.43%), Fat: 30.93g (47.58%), Saturated Fat: 10.74g (67.12%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 41.97g (15.26%), Sugar: 8.59g (9.55%), Cholesterol: 41.96mg (13.99%), Sodium: 815.58mg (35.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.07g (44.14%), Selenium: 35.24µg (50.35%), Calcium: 412.81mg (41.28%), Phosphorus: 384.05mg (38.4%), Vitamin A: 1856.9IU (37.14%), Vitamin K: 36.38µg (34.65%), Manganese: 0.6mg (29.78%), Vitamin B12: 1.74µg (29.07%), Vitamin B2: 0.47mg (27.68%), Vitamin B1: 0.35mg (23.6%), Vitamin C: 19.09mg (23.14%), Vitamin E: 3.18mg (21.21%), Iron: 3.81mg (21.15%), Copper: 0.41mg (20.45%), Vitamin B3: 3.9mg (19.5%), Zinc: 2.92mg (19.48%), Folate: 76.31µg (19.08%), Fiber: 4.64g (18.57%), Potassium: 537.17mg (15.35%), Magnesium: 53.65mg (13.41%), Vitamin B6: 0.23mg (11.55%), Vitamin B5: 0.47mg (4.66%)