



Pizza Margherita

READY IN



45 min.

SERVINGS



5

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup basil fresh
- 5 ounces mozzarella fresh thinly sliced
- 24 ounce uncook pizza crust gluten-free frozen thawed
- 0.5 cup tomato sauce gluten-free

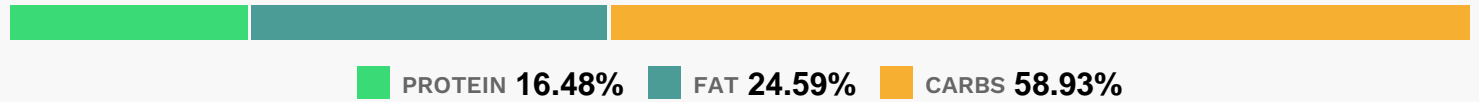
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 45
- Place pizza crust on a baking sheet.
- Spread Basic Pizza Sauce evenly over crust. Arrange cheese slices over sauce.
- Place on bottom rack of oven.
- Bake at 450 for 12 minutes.
- Remove from oven, and sprinkle with basil.
- Cut into 10 wedges.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.4, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:6.0108695548514%

Nutrients (% of daily need)

Calories: 462.41kcal (23.12%), Fat: 12.6g (19.38%), Saturated Fat: 6.83g (42.68%), Carbohydrates: 67.93g (22.64%), Net Carbohydrates: 65.49g (23.81%), Sugar: 3.22g (3.58%), Cholesterol: 22.4mg (7.47%), Sodium: 1015.57mg (44.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19g (38%), Calcium: 273.12mg (27.31%), Iron: 4.11mg (22.84%), Phosphorus: 107.87mg (10.79%), Vitamin B12: 0.65µg (10.77%), Fiber: 2.45g (9.79%), Vitamin A: 382.13IU (7.64%), Vitamin K: 7.98µg (7.6%), Selenium: 4.97µg (7.1%), Zinc: 0.89mg (5.96%), Vitamin B2: 0.1mg (5.73%), Potassium: 99.03mg (2.83%), Vitamin E: 0.42mg (2.8%), Manganese: 0.05mg (2.65%), Magnesium: 10.37mg (2.59%), Vitamin C: 2mg (2.43%), Copper: 0.04mg (1.87%), Vitamin B6: 0.04mg (1.85%), Vitamin B3: 0.29mg (1.43%), Folate: 5.28µg (1.32%), Vitamin B5: 0.12mg (1.19%)