



## Pizza Margherita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

☐ 14 ounce canned tomatoes pureed chopped to taste canned ()

## Equipment

☐ frying pan

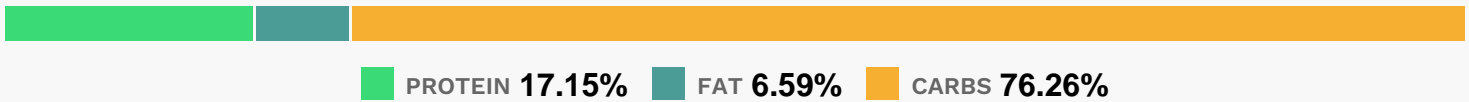
☐ oven

## Directions

☐ Roll the dough out very thinly on a lightly floured surface.

- ☐ Poke the dough with a fork all over.
- ☐ Place the dough on a pan and bake in a preheated 500F oven until it just starts to turn golden brown, about 4 minutes.
- ☐ Pull the pizza out of the oven and top with the pizza sauce and mozzarella.
- ☐ Bake in the 500F oven until the edges are golden brown and the cheese has melted, about 5 minutes.
- ☐ Top with basil and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:4.06, Inflammation Score:-5, Nutrition Score:9.6878261151521%

## Nutrients (% of daily need)

Calories: 63.5kcal (3.18%), Fat: 0.56g (0.85%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 10.7g (3.89%), Sugar: 8.73g (9.7%), Cholesterol: 0mg (0%), Sodium: 261.95mg (11.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Vitamin C: 18.26mg (22.13%), Manganese: 0.36mg (18.16%), Copper: 0.36mg (18.16%), Potassium: 581.45mg (16.61%), Vitamin E: 2.48mg (16.54%), Fiber: 3.77g (15.08%), Vitamin B6: 0.3mg (14.88%), Iron: 2.58mg (14.33%), Vitamin B3: 2.42mg (12.13%), Vitamin K: 10.52µg (10.02%), Magnesium: 39.69mg (9.92%), Vitamin B1: 0.15mg (9.92%), Vitamin A: 426.66IU (8.53%), Calcium: 67.47mg (6.75%), Folate: 25.8µg (6.45%), Phosphorus: 63.5mg (6.35%), Vitamin B2: 0.1mg (6.07%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.54mg (3.57%), Selenium: 1.19µg (1.7%)