



Pizza with Fresh Tomatoes and Basil

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 basil leaves fresh
- ☐ 0.5 cup tomatoes jarred
- ☐ 0.8 cup part-skim mozzarella shredded
- ☐ 1 pound pizza dough frozen thawed
- ☐ 1 medium tomatoes seeded chopped

Equipment

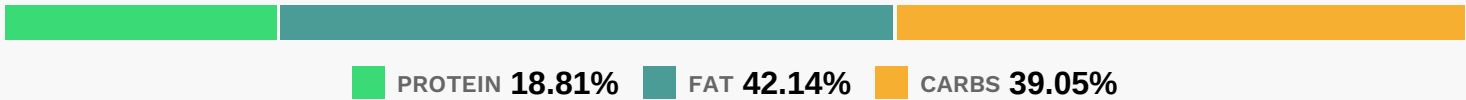
- ☐ baking sheet
- ☐ oven

☐ pizza pan

Directions

- ☐ Preheat oven to 400F. Shape dough into a disk. On a lightly floured surface, roll out or stretch dough to a 12-inch circle. Fold in edges to form a 1/2-inch rim.
- ☐ Transfer dough to a pizza pan or large baking sheet lined with parchment and prick several times with a fork.
- ☐ Spread sauce over dough, sprinkle with cheese, and top with tomato.
- ☐ Bake until crust is golden brown, 20 to 25 minutes. Just before serving, sprinkle basil leaves over pizza.
- ☐ Cut into wedges and serve hot.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:15.733043366152%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 370.32kcal (18.52%), Fat: 17.43g (26.81%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 33g (12%), Sugar: 6.19g (6.87%), Cholesterol: 29.32mg (9.77%), Sodium: 783.61mg (34.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.01%), Selenium: 27.59µg (39.42%), Calcium: 375.98mg (37.6%), Phosphorus: 316.31mg (31.63%), Vitamin B2: 0.38mg (22.5%), Manganese: 0.41mg (20.45%), Vitamin A: 919.79IU (18.4%), Vitamin B12: 1.06µg (17.61%), Vitamin B1: 0.26mg (17.47%), Iron: 3.02mg (16.79%), Copper: 0.32mg (15.96%), Vitamin B3: 3.01mg (15.03%), Zinc: 2.2mg (14.68%), Vitamin K: 14.43µg (13.74%), Fiber: 3.34g (13.34%), Folate: 52.89µg (13.22%), Vitamin E: 1.79mg (11.92%), Potassium: 356.2mg (10.18%), Magnesium: 39.4mg (9.85%), Vitamin C: 7.86mg (9.53%), Vitamin B6: 0.16mg (8.23%), Vitamin B5: 0.39mg (3.89%)