



Puff Pizza Pie with Pesto

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful basil leaves fresh
- ☐ 150 g mozzarella cheese fresh
- ☐ 1 tsp oregano dried
- ☐ 4 servings grinding of pepper black good
- ☐ 4 tsp pesto
- ☐ 1 packet ready rolled puff pastry
- ☐ 6 tbsp tomato purée
- ☐ 2 salad tomatoes ripe

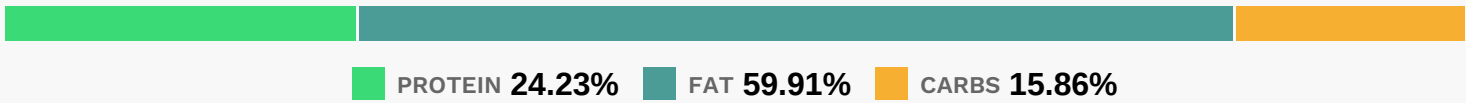
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 200c/180c fan/gas mark 6.
- ☐ Cut 4 circles out of the puff pastry. A saucer is a good size.
- ☐ Place the circles on 2 baking trays. Top each pastry with tomato puree, leaving a rim around the edge bare.
- ☐ Next top with slices of mozzarella and tomatoes, then drop on some pesto and top with some fresh basil leaves,
- ☐ Season with a sprinkling of oregano and a good grinding of pepper.
- ☐ Bake for 15-20 minutes until the pastry is golden.
- ☐ Serve with a green salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:8.15608695279%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 154.98kcal (7.75%), Fat: 10.53g (16.19%), Saturated Fat: 5.31g (33.18%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.77g (1.73%), Sugar: 3.35g (3.72%), Cholesterol: 30.02mg (10.01%), Sodium: 292.45mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.15%), Calcium: 216.43mg (21.64%), Vitamin A: 1023.57IU (20.47%), Phosphorus: 158.36mg (15.84%), Vitamin B12: 0.86µg (14.25%), Vitamin C: 11.07mg (13.42%), Vitamin K: 11.61µg (11.06%), Selenium: 6.63µg (9.47%), Zinc: 1.3mg (8.7%), Vitamin B2: 0.14mg (8.27%), Potassium: 288.24mg (8.24%), Manganese: 0.16mg (8.2%), Vitamin E: 0.96mg (6.43%), Fiber: 1.5g (6.01%), Copper: 0.12mg (5.78%), Iron: 0.98mg (5.47%), Magnesium: 21.53mg (5.38%), Vitamin B6: 0.1mg (4.96%), Folate: 16.11µg (4.03%),

Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.04mg (2.8%), Vitamin B5: 0.22mg (2.2%)