



Quick Pizza Margherita

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 1 garlic clove halved
- ☐ 1 teaspoon olive oil extra virgin extra-virgin divided
- ☐ 10 ounce pizza dough refrigerated canned
- ☐ 0.8 pound plum tomatoes thinly sliced
- ☐ 0.1 teaspoon salt
- ☐ 4 ounces mozzarella fresh shredded

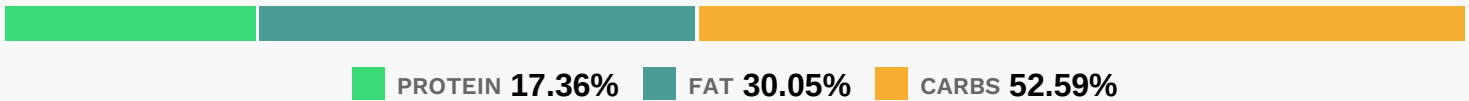
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Unroll crust dough onto a baking sheet coated with cooking spray; pat into a 13 x 11-inch rectangle.
- ☐ Bake at 400 for 8 minutes.
- ☐ Remove crust from oven, and brush with 1/2 teaspoon oil. Rub crust with cut sides of garlic.
- ☐ Arrange tomato slices on crust, leaving a 1/2-inch border; sprinkle evenly with cheese.
- ☐ Bake at 400 for 12 minutes or until cheese melts and crust is golden.
- ☐ Combine 1/2 teaspoon oil and vinegar, stirring with a whisk.
- ☐ Sprinkle pizza evenly with sliced basil, salt, and pepper.
- ☐ Drizzle the vinegar mixture evenly over the pizza.
- ☐ Cut pizza into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:7.8352173825969%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 286.61kcal (14.33%), Fat: 9.73g (14.97%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 36.15g (13.15%), Sugar: 7.13g (7.92%), Cholesterol: 22.4mg (7.47%), Sodium: 767.66mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.29%), Vitamin A: 1058.76IU (21.18%), Vitamin K: 20.54µg (19.56%), Calcium: 159.01mg (15.9%), Vitamin C: 12.43mg (15.06%), Iron: 2.4mg (13.32%), Phosphorus: 123.93mg (12.39%), Vitamin B12: 0.65µg (10.77%), Fiber: 2.16g (8.65%), Manganese: 0.16mg (8.11%), Selenium: 4.94µg (7.05%), Potassium: 237.22mg (6.78%), Zinc: 1.01mg (6.72%), Vitamin B2: 0.1mg (5.86%), Vitamin B6: 0.09mg (4.63%), Vitamin E: 0.68mg (4.55%), Magnesium: 17.39mg (4.35%), Folate: 16.81µg (4.2%), Copper: 0.07mg (3.42%), Vitamin B1: 0.04mg (2.84%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.13mg (1.27%)