



Roman Style Pizza with Roasted Cherry Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoon yeast dry
- 6 servings pepper black freshly ground
- 2.3 cups flour all-purpose ()
- 6 servings basil fresh chopped
- 1.5 pound grape tomatoes
- 1 teaspoon kosher salt plus more
- 8 ounces buffalo mozzarella cheese grated
- 7.5 tablespoons olive oil extra virgin extra-virgin divided

- 0.7 cup parmesan divided freshly grated
- 2 teaspoons sugar

Equipment

- bowl
- baking sheet
- oven
- pizza stone

Directions

- Combine 3/4 cup warmwater (105°-115°F),sugar, and yeast in alarge bowl; let sit untilspongy, 4-5 minutes.
- Mix in 1 1/2 tablespoons oil and1 teaspoon salt. Stir in 2 1/4cups flour. Turn outonto a work surface;knead until smoothand elastic, addingmore flour if sticking,about 6 minutes.Grease a large bowlwith 1 tablespoon oil.
- Adddough, cover bowlwith plastic; let riseuntil doubled, about1 1/2 hours.
- Meanwhile, positionone rack in top thirdof oven and anotherin bottom third; placea pizza stone on toprack and preheatoven to 500°F. Scattertomatoes on a largेरimmed baking sheet.
- Add 1 tablespoon oil, toss,and season with saltand pepper.
- Place onlower rack; roast untilskins split, 10-12minutes.
- Let cool onrack. Continue heatingpizza stone for 45more minutes.
- Sprinkle a pizzapeel or rimless bakingsheet with semolina.Divide dough in half;roll or stretch eachinto a 13x9" rectangle.Cover with kitchentowels; let stand for15 minutes.
- Transfer 1rectangle to preparedpizza peel.
- Brush with2 tablespoons oil, sprinklewith half of the Parmesan,then mozzarella,and top with half ofthe tomatoes. Seasonwith salt and pepper.
- Set front of peelat far edge of stone;gently jiggle peel sideto side, sliding pizzaonto stone as youremove peel.
- Bakeuntil crust is brownedand crisp, 9-10minutes. Using peel,transfer pizza to worksurface.
- Garnish withbasil. Slice and

Serve.

Repeat to make second pizza.

Nutrition Facts

PROTEIN 13.81% **FAT 51.97%** **CARBS 34.22%**

Properties

Glycemic Index:52.02, Glycemic Load:28.09, Inflammation Score:-9, Nutrition Score:19.780434862427%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 501.23kcal (25.06%), Fat: 29.09g (44.75%), Saturated Fat: 9.3g (58.1%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 40.21g (14.62%), Sugar: 4.87g (5.41%), Cholesterol: 36.28mg (12.09%), Sodium: 727.65mg (31.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.77%), Calcium: 997.5mg (99.75%), Vitamin A: 2252.51IU (45.05%), Vitamin B1: 0.5mg (33.37%), Folate: 123.15µg (30.79%), Vitamin K: 28.29µg (26.94%), Selenium: 18.47µg (26.39%), Manganese: 0.49mg (24.52%), Vitamin E: 3.2mg (21.35%), Vitamin C: 15.9mg (19.27%), Vitamin B3: 3.8mg (19.02%), Vitamin B2: 0.32mg (19%), Iron: 2.92mg (16.2%), Phosphorus: 161.18mg (16.12%), Fiber: 2.89g (11.57%), Potassium: 369.02mg (10.54%), Copper: 0.15mg (7.54%), Magnesium: 29.56mg (7.39%), Vitamin B6: 0.14mg (6.83%), Zinc: 0.91mg (6.04%), Vitamin B5: 0.47mg (4.67%), Vitamin B12: 0.13µg (2.23%)