



## Skinny Fresh Mozzarella and Tomato Pizza

 Vegetarian

READY IN



195 min.

SERVINGS



8

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2.3 teaspoons yeast dry
- ☐ 0.5 cup water (105°F to 115°F)
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 teaspoon olive oil
- ☐ 4 oz mozzarella fresh drained well
- ☐ 2 plum tomatoes thinly sliced (Roma)

- ☐ 0.3 teaspoon salt
- ☐ 1 serving pepper freshly ground to taste
- ☐ 0.3 cup basil fresh thin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 tablespoon capers
- ☐ 1 tablespoon olive oil

## Equipment

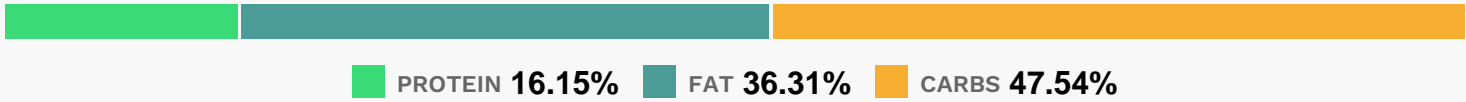
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

## Directions

- ☐ In large bowl, dissolve yeast in warm water. Stir in half of the flour, the salt, sugar and 1 teaspoon oil. Stir in enough of the remaining flour to make dough easy to handle.
- ☐ Place dough on lightly floured surface. Knead about 10 minutes or until smooth and springy. Grease large bowl with shortening.
- ☐ Place dough in bowl, turning dough to grease all sides. Cover, let rise in warm place 20 minutes. Gently push fist into dough to deflate. Cover; refrigerate at least 2 hours but no longer than 48 hours. (If dough should double in size during refrigeration, gently push fist into dough to deflate.
- ☐ Move oven rack to lowest position.
- ☐ Heat oven to 425°F. Grease cookie sheet or 12-inch pizza pan with oil.
- ☐ Sprinkle with cornmeal. Pat dough into 12-inch round on cookie sheet or pat in pizza pan using floured fingers. Press dough from center to edge so edge is slightly thicker than center.
- ☐ Cut cheese into 1/4-inch slices.
- ☐ Place cheese on dough to within 1/2 inch of edge. Arrange tomatoes on cheese.
- ☐ Sprinkle with salt, pepper, 2 tablespoons of the basil, the oregano and capers.
- ☐ Drizzle with 1 tablespoon oil.

- ☐ Bake about 20 minutes or until crust is golden brown and cheese is melted.
- ☐ Sprinkle with remaining 2 tablespoons basil.

# Nutrition Facts



## Properties

Glycemic Index:39.64, Glycemic Load:11.21, Inflammation Score:-7, Nutrition Score:6.5017391132272%

## Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 142.19kcal (7.11%), Fat: 5.75g (8.84%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 15.67g (5.7%), Sugar: 0.89g (0.99%), Cholesterol: 11.2mg (3.73%), Sodium: 337.17mg (14.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.51%), Vitamin B1: 0.26mg (17.41%), Folate: 61.76µg (15.44%), Selenium: 9.15µg (13.06%), Vitamin B2: 0.18mg (10.58%), Manganese: 0.2mg (10.03%), Vitamin K: 10.23µg (9.74%), Calcium: 88.69mg (8.87%), Vitamin B3: 1.65mg (8.27%), Phosphorus: 82.03mg (8.2%), Iron: 1.32mg (7.31%), Vitamin A: 276.58IU (5.53%), Vitamin B12: 0.32µg (5.4%), Fiber: 1.26g (5.05%), Zinc: 0.67mg (4.5%), Vitamin E: 0.58mg (3.84%), Magnesium: 11.98mg (3%), Vitamin C: 2.32mg (2.81%), Copper: 0.06mg (2.8%), Potassium: 87.49mg (2.5%), Vitamin B5: 0.25mg (2.45%), Vitamin B6: 0.05mg (2.37%)