

## Summer Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 tablespoons basil fresh chopped
- ☐ 10 ounce mozzarella cheese fresh cut into small cubes ( 2 cups)
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 1 small onion red cut into thin slices
- ☐ 1 teaspoon salt
- ☐ 24 inch pizza shells such as boboli store-bought
- ☐ 2 pounds tomatoes seeded chopped

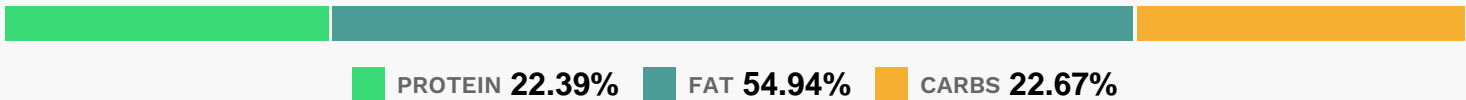
# Equipment

- ☐ bowl
- ☐ oven
- ☐ sieve
- ☐ grill

# Directions

- ☐ Heat the oven to 45
- ☐ Put the tomatoes in a strainer set over a medium bowl. Toss with the salt and let drain for 15 minutes.
- ☐ In a medium bowl, combine the drained tomatoes with the onion, mozzarella, basil, and pepper. Top each pizza shell with half of the tomato mixture.
- ☐ Sprinkle the pizzas with the Parmesan and drizzle with the oil.
- ☐ Bake directly on the oven rack until the cheese just melts, about 8 minutes.
- ☐ Grilled Pizza: The summer ingredients on this pizza make it a perfect candidate for grilling.
- ☐ Brush a tablespoon of oil on the top of the pizza shells and set them, oiled-side down, on the grill. Cook until warm, about three minutes.
- ☐ Brush with another tablespoon of oil, flip the shells, and top with the remaining ingredients. Cook until the cheese just melts, about ten minutes.
- ☐ Wine Recommendation: Bardolino and Valpolicella are made for fresh tomatoey pizza and warm summer days. Among the world's most popular wines, these sprightly reds from Italy's Veneto are based on the corvina grape. Valpolicella is the richer of the two; Bardolino is almost ros-like in its delicacy.

# Nutrition Facts



# Properties

Glycemic Index:65.75, Glycemic Load:8.03, Inflammation Score:-9, Nutrition Score:21.296956228173%

# Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 432.87kcal (21.64%), Fat: 26.8g (41.24%), Saturated Fat: 12.46g (77.87%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 21.13g (7.68%), Sugar: 8.38g (9.31%), Cholesterol: 64.49mg (21.5%), Sodium: 1239.64mg (53.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.15%), Calcium: 544.41mg (54.44%), Vitamin A: 2625.43IU (52.51%), Phosphorus: 430.73mg (43.07%), Vitamin C: 33.65mg (40.78%), Selenium: 24.65µg (35.21%), Vitamin K: 36.75µg (35%), Vitamin B12: 1.77µg (29.43%), Manganese: 0.51mg (25.47%), Zinc: 3.09mg (20.58%), Potassium: 687.71mg (19.65%), Vitamin B2: 0.3mg (17.9%), Vitamin E: 2.44mg (16.28%), Fiber: 3.76g (15.03%), Magnesium: 57.6mg (14.4%), Vitamin B6: 0.28mg (13.93%), Folate: 49.88µg (12.47%), Copper: 0.21mg (10.7%), Vitamin B1: 0.14mg (9.17%), Vitamin B3: 1.77mg (8.87%), Iron: 1.43mg (7.97%), Vitamin B5: 0.47mg (4.66%), Vitamin D: 0.35µg (2.31%)