



Ten-minute tuna pizza

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings uncook pizza crust
- ☐ 1 tbsp tomato purée
- ☐ 1 garlic clove
- ☐ 1 handful olives black pitted
- ☐ 1 large handful cherry tomatoes halved
- ☐ 1 tbsp olive oil for drizzling
- ☐ 1 tbsp capers drained
- ☐ 200 g tuna in brine flaked drained canned

☐ 1 handful basil

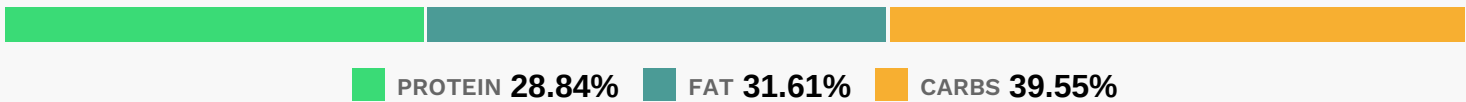
Equipment

☐ oven

Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Spread the pizza base with tomato pure. Scatter over the garlic, olives, tomatoes and half the oil.
- ☐ Bake for 10 mins until the tomatoes start to colour and the base is crisp.
- ☐ Remove from the oven, sprinkle over the capers, tuna and basil, drizzle with oil, then serve.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:16.024347792501%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg, Kaempferol: 5.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 359.57kcal (17.98%), Fat: 12.58g (19.35%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 33.48g (12.18%), Sugar: 2.4g (2.67%), Cholesterol: 36mg (12%), Sodium: 850.84mg (36.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.63%), Selenium: 68.4µg (97.71%), Vitamin B3: 10.31mg (51.53%), Vitamin B12: 2.57µg (42.83%), Iron: 4.08mg (22.66%), Vitamin B6: 0.38mg (19.19%), Phosphorus: 154.32mg (15.43%), Vitamin E: 2.13mg (14.21%), Vitamin C: 10.17mg (12.33%), Vitamin K: 11.1µg (10.57%), Calcium: 95.01mg (9.5%), Potassium: 307.28mg (8.78%), Vitamin D: 1.2µg (8%), Magnesium: 31.73mg (7.93%), Fiber: 1.92g (7.7%), Vitamin A: 378.07IU (7.56%), Copper: 0.14mg (6.77%), Vitamin B2: 0.11mg (6.22%), Manganese: 0.11mg (5.58%), Zinc: 0.78mg (5.23%), Vitamin B1: 0.05mg (3.44%), Folate: 11.74µg (2.93%), Vitamin B5: 0.25mg (2.46%)