



## Tomato & Basil Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cups cherry tomatoes halved
- 1 cup basil leaves fresh loosely packed
- 1 lb pizza dough refrigerated
- 8 oz mozzarella cheese shredded with a touch of philadelphia, divided kraft
- 0.5 cup tomato sauce

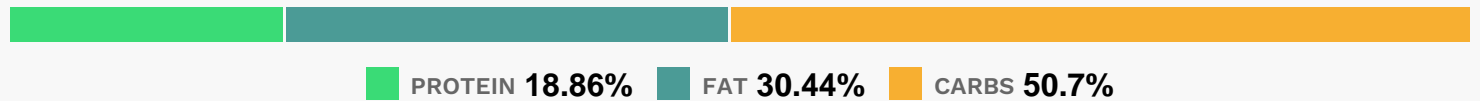
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 500F.
- Pat and stretch dough into 14x6-inch rustic rectangle on baking sheet sprayed with cooking spray; spread with sauce.
- Top with 1 cup cheese, tomatoes and basil; sprinkle with remaining cheese.
- Bake 12 to 15 min. or until cheese is melted and crust is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:6.9595652196718%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 238.95kcal (11.95%), Fat: 8.22g (12.65%), Saturated Fat: 4.18g (26.13%), Carbohydrates: 30.8g (10.27%), Net Carbohydrates: 29.28g (10.65%), Sugar: 5.75g (6.39%), Cholesterol: 22.4mg (7.47%), Sodium: 666.53mg (28.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Vitamin C: 14.35mg (17.4%), Calcium: 156.77mg (15.68%), Vitamin K: 15.1µg (14.38%), Vitamin A: 689.42IU (13.79%), Iron: 2.28mg (12.65%), Phosphorus: 121.82mg (12.18%), Vitamin B12: 0.65µg (10.77%), Selenium: 5.2µg (7.43%), Zinc: 0.96mg (6.43%), Vitamin B2: 0.1mg (6.16%), Fiber: 1.52g (6.08%), Manganese: 0.12mg (5.9%), Potassium: 197.68mg (5.65%), Vitamin E: 0.61mg (4.08%), Magnesium: 14.92mg (3.73%), Vitamin B6: 0.07mg (3.71%), Copper: 0.07mg (3.71%), Folate: 12.67µg (3.17%), Vitamin B3: 0.51mg (2.53%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.17mg (1.66%)