



Tomato-Basil Pizza



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.5 cup basil fresh chopped
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 5 ounces part-skim mozzarella cheese shredded divided
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 1 pound plum tomatoes cut into 1/4-inch-thick slices

Equipment

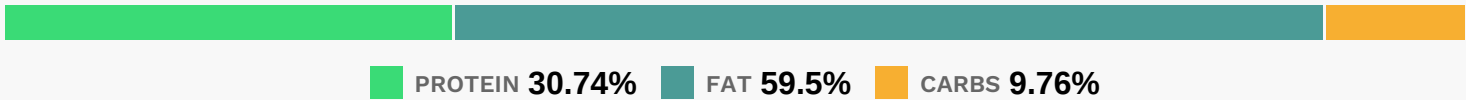
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place pizza crust on a baking sheet; sprinkle with 1/2 cup cheese, leaving a 1/2-inch border. Arrange tomato slices over cheese; sprinkle with basil.
- ☐ Sprinkle with seasoning; drizzle with vinegar. Top with 3/4 cup cheese.
- ☐ Bake at 450 for 10 minutes or until cheese melts.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:1.4, Inflammation Score:-7, Nutrition Score:9.8804346400758%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg 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: 342.14kcal (17.11%), Fat: 23.63g (36.35%), Saturated Fat: 6.46g (40.37%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.1g (2.58%), Sugar: 3.79g (4.21%), Cholesterol: 36.85mg (12.28%), Sodium: 360.5mg (15.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.47g (54.93%), Calcium: 444.17mg (44.42%), Vitamin A: 1281.81IU (25.64%), Vitamin K: 25.08µg (23.89%), Vitamin C: 16.09mg (19.5%), Phosphorus: 194.18mg (19.42%), Manganese: 0.2mg (9.77%), Potassium: 316.47mg (9.04%), Zinc: 1.21mg (8.07%), Vitamin B2: 0.13mg (7.87%), Selenium: 5.13µg (7.33%), Fiber: 1.62g (6.49%), Vitamin B6: 0.13mg (6.27%), Magnesium: 24.19mg (6.05%), Folate: 23.42µg (5.86%), Vitamin E: 0.78mg (5.18%), Vitamin B12: 0.29µg (4.84%), Copper: 0.09mg (4.56%), Vitamin B3: 0.76mg (3.81%), Iron: 0.68mg (3.78%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.14mg (1.4%)