



Tomato-Mozzarella Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 11 ounce bread dough refrigerated french canned
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 2 ounces pancetta
- ☐ 4 ounces part-skim mozzarella cheese shredded divided
- ☐ 1.5 pounds plum tomatoes thinly sliced
- ☐ 2 tablespoons cornmeal yellow

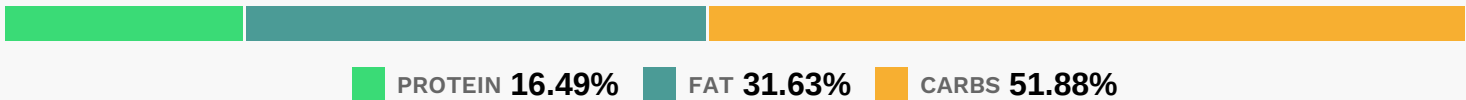
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 450
- ☐ Place dough on a baking sheet sprinkled with cornmeal; press dough into a 12-inch circle. Crimp edges of dough with fingers to form a rim. Lightly spray surface of dough with cooking spray.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove from oven.
- ☐ Arrange tomato slices on paper towels. Cover with additional paper towels; let stand 5 minutes.
- ☐ Sprinkle garlic evenly over surface of dough; sprinkle 1/2 cup cheese evenly over dough. Arrange tomato slices on top of cheese; sprinkle with pepper. Top with remaining 1/2 cup cheese.
- ☐ Bake at 450 for 5 minutes.
- ☐ Chop pancetta. Cook pancetta in a nonstick skillet over medium heat until crisp; drain.
- ☐ Sprinkle pancetta over pizza; bake an additional 1 minute or until crust is golden.
- ☐ Sprinkle basil over pizza; let stand 2 minutes.
- ☐ Cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:2.67, Inflammation Score:-7, Nutrition Score:7.8265217335328%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 254.21kcal (12.71%), Fat: 8.72g (13.41%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 32.17g (10.72%), Net Carbohydrates: 29.44g (10.71%), Sugar: 3.26g (3.62%), Cholesterol: 18.33mg (6.11%), Sodium: 429.93mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.45%), Vitamin A: 1092.26IU (21.85%), Vitamin C: 15.87mg (19.24%), Calcium: 162.85mg (16.29%), Phosphorus: 137.29mg (13.73%), Vitamin K: 13.56µg (12.92%), Fiber: 2.74g (10.94%), Manganese: 0.18mg (9.2%), Potassium: 320.14mg (9.15%), Vitamin B6: 0.16mg (7.84%), Selenium: 4.9µg (7%), Zinc: 0.94mg (6.29%), Vitamin B3: 1.17mg (5.85%), Magnesium: 22.43mg (5.61%), Vitamin B1: 0.08mg (5.52%), Vitamin B2: 0.09mg (5.35%), Folate: 20.55µg (5.14%), Vitamin E: 0.7mg (4.67%), Copper: 0.09mg (4.51%), Vitamin B12: 0.2µg (3.37%), Iron: 0.53mg (2.97%), Vitamin B5: 0.19mg (1.94%)