



Tomato-Ricotta Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cloves garlic finely chopped
- ☐ 6 grape tomatoes assorted halved lengthwise
- ☐ 2 tablespoons herbs like: thym fresh assorted
- ☐ 1 tablespoon olive oil
- ☐ 1 cup part-skim ricotta
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pizza dough at room temperature
- ☐ 0.3 teaspoon salt
- ☐ 6 large tomato

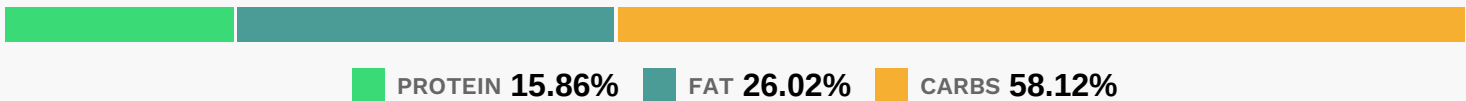
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Adjust oven rack to bottom position; preheat to 450F. Mist a large baking sheet or 12-inch pizza pan with cooking spray.
- ☐ Roll out dough on a lightly floured surface to a rough 12-inch circle.
- ☐ Transfer to sheet.
- ☐ Brush crust with 1/2 Tbsp. olive oil.
- ☐ Bake until cooked through, about 15 minutes.
- ☐ Spread ricotta all over, leaving a 1/2-inch border.
- ☐ Place large tomato slices on top, then scatter cherry tomatoes over.
- ☐ Sprinkle with garlic, salt and pepper.
- ☐ Bake until tomatoes have softened and cheese begins to brown around edges, about 10 minutes.
- ☐ Remove from oven, sprinkle with herbs and drizzle with remaining 1/2 Tbsp. oil.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:7.8247825334901%

Flavonoids

Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 411.08kcal (20.55%), Fat: 12.07g (18.57%), Saturated Fat: 4.43g (27.7%), Carbohydrates: 60.66g (20.22%), Net Carbohydrates: 58.08g (21.12%), Sugar: 8.98g (9.98%), Cholesterol: 19.22mg (6.41%), Sodium: 1046.52mg (45.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.11%), Iron: 3.61mg (20.05%), Calcium: 181.48mg (18.15%), Vitamin A: 841.15IU (16.82%), Selenium: 10.68µg (15.26%), Phosphorus: 133.4mg (13.34%), Vitamin C: 9.92mg (12.03%), Vitamin K: 12.05µg (11.47%), Fiber: 2.57g (10.29%), Vitamin B2: 0.13mg (7.68%), Potassium: 246.79mg (7.05%), Manganese: 0.14mg (6.94%), Zinc: 0.98mg (6.52%), Vitamin E: 0.91mg (6.09%), Vitamin B6: 0.09mg (4.74%), Folate: 18.72µg (4.68%), Magnesium: 17.87mg (4.47%), Copper: 0.07mg (3.58%), Vitamin B12: 0.18µg (3%), Vitamin B1: 0.04mg (2.82%), Vitamin B3: 0.47mg (2.33%), Vitamin B5: 0.23mg (2.25%)