



Tricolore pizza with basil oil

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 175 g ciabatta bread for dusting plus a little extra
- ☐ 3 tbsp olive oil
- ☐ 1 large handful basil
- ☐ 1 avocado halved thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 125 g mozzarella cheese reduced-fat
- ☐ 225 g tomatoes mixed drained sliced

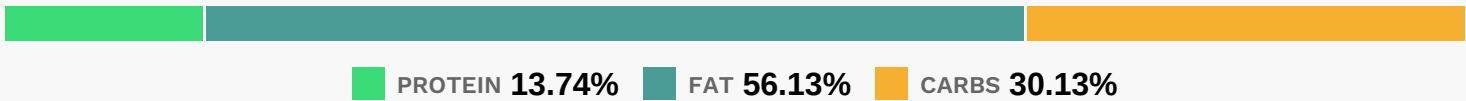
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Heat oven to its highest setting, about 240C/fan 220C/gas
- ☐ Tip the bread mix into a large bowl, pour over 125ml lukewarm water and 1 tbsp olive oil, then mix well to a sticky dough. Knead for a few mins, using some of the extra dry mix to stop it sticking.
- ☐ Place in an oiled bowl, cover with a tea towel and leave in a warm place for 15 mins.
- ☐ While the dough is rising, put the remaining oil in a small blender with most of the basil, then whizz until the leaves are finely chopped. Toss the avocado in the lemon juice, then tear the mozzarella into rough pieces. 3 Using a little more of the dry bread mix to help you, roll and stretch the dough out to a rough 25 x 30cm rectangle on a large baking sheet.
- ☐ Brush over the basil oil, scatter with the mozzarella and tomato slices, then bake for 10–12 mins until the base is crisp and the cheese melted. To serve, scatter with the avocado slices and remaining basil leaves, then season with freshly ground

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:10.608260792235%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 363.85kcal (18.19%), Fat: 23.29g (35.83%), Saturated Fat: 5.87g (36.7%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 23.59g (8.58%), Sugar: 2.26g (2.51%), Cholesterol: 20mg (6.67%), Sodium: 414.41mg (18.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.83g (25.66%), Calcium: 257.24mg (25.72%), Vitamin K: 23.89µg (22.75%), Vitamin E: 2.91mg (19.4%), Phosphorus: 184.9mg (18.49%), Fiber: 4.54g (18.17%), Vitamin C: 14.27mg (17.3%), Vitamin A: 718.84IU (14.38%), Folate: 53.04µg (13.26%), Potassium: 408.72mg (11.68%), Vitamin B2: 0.17mg (10.1%), Vitamin B6: 0.2mg (9.93%), Zinc: 1.29mg (8.57%), Vitamin B5: 0.78mg (7.79%), Manganese: 0.14mg (7.24%), Magnesium: 28.49mg (7.12%), Copper: 0.14mg (6.95%), Selenium: 4.71µg (6.72%), Vitamin B3: 1.25mg (6.25%), Vitamin B12: 0.26µg (4.27%), Vitamin B1: 0.06mg (4.08%), Iron: 0.57mg (3.19%)