



## Tuna, Fresh Mozzarella, and Basil Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 ounce ahi tuna steak
- ☐ 4 cherry tomatoes quartered
- ☐ 12 large basil fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 4 ounce mozzarella fresh drained cut into 12 thin slices, on several layers of paper towels
- ☐ 4 large spring onion chopped
- ☐ 4 kalamata olives pitted quartered
- ☐ 2 teaspoons olive oil extra virgin extra-virgin for brushing and drizzling
- ☐ 1 sheet puff pastry frozen thawed (half of 17.3-ounce package)

- ☐ 2 radishes thinly sliced

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ Position rack in center of oven and preheat to 400°F.
- ☐ Roll out puff pastry on floured work surface to 11-inch square. Using 4 1/2-inch bowl as guide, cut out 4 rounds from pastry.
- ☐ Transfer pastry to large ungreased baking sheet, spacing apart.
- ☐ Place another baking sheet atop pastry rounds to weigh down slightly.
- ☐ Bake until pastry is golden brown and baked through, about 20 minutes. Uncover pastry and cool completely. DO AHEAD: Pastry can be made 6 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Preheat oven to 400°F.
- ☐ Heat 2 teaspoons olive oil in medium nonstick skillet over medium heat.
- ☐ Add green onions; sauté until soft but not brown, about 2 minutes.
- ☐ Remove from heat. Divide green onions among pastry rounds.
- ☐ Brush tuna lightly with olive oil; sprinkle with salt and pepper. Alternate 3 tuna slices, 3 mozzarella slices, and 3 basil leaves in concentric circles, slightly overlapping, atop green onions on each pastry round. Scatter tomatoes, olives, and radish slices over each.
- ☐ Sprinkle each with ginger and drizzle with olive oil.
- ☐ Bake just until tuna is opaque around edges but still translucent in center, about 3 minutes.
- ☐ Transfer to plates.
- ☐ With the pizza, pour a rosé. Try the Domaine Le Galantin 2006 Bandol Rosé (\$17), which has stone fruit, mineral, and rose petal flavors.

## Nutrition Facts



 **PROTEIN 18.32%**  **FAT 58.62%**  **CARBS 23.06%**

## Properties

Glycemic Index:58, Glycemic Load:15.53, Inflammation Score:-9, Nutrition Score:24.673478333846%

## Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 539.72kcal (26.99%), Fat: 35.14g (54.07%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.22g (10.63%), Sugar: 1.82g (2.02%), Cholesterol: 43.94mg (14.65%), Sodium: 421.58mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.41%), Vitamin B12: 5.99µg (99.88%), Vitamin K: 69.01µg (65.72%), Selenium: 40.63µg (58.04%), Vitamin B3: 7.74mg (38.7%), Vitamin A: 1841.54IU (36.83%), Phosphorus: 296.53mg (29.65%), Vitamin B1: 0.41mg (27.36%), Vitamin B2: 0.42mg (24.81%), Vitamin D: 3.35µg (22.3%), Manganese: 0.39mg (19.5%), Calcium: 178.5mg (17.85%), Folate: 70.59µg (17.65%), Vitamin B6: 0.32mg (15.77%), Iron: 2.84mg (15.75%), Magnesium: 51.97mg (12.99%), Vitamin C: 9.11mg (11.05%), Vitamin E: 1.64mg (10.9%), Zinc: 1.63mg (10.88%), Potassium: 319.82mg (9.14%), Copper: 0.17mg (8.34%), Fiber: 1.88g (7.52%), Vitamin B5: 0.69mg (6.86%)