



Tuna, olive & rocket pizzas

READY IN



27 min.

SERVINGS



2

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 145 g pack pizza base mix (or same weight of bread mix)
- ☐ 2 tbsp tomato purée
- ☐ 185 g tuna drained in oil canned
- ☐ 1 tbsp caper
- ☐ 125 g pack value mozzarella
- ☐ 10 kalamata olives black pitted
- ☐ 1 small onion red halved thinly sliced
- ☐ 1 small handful rocket

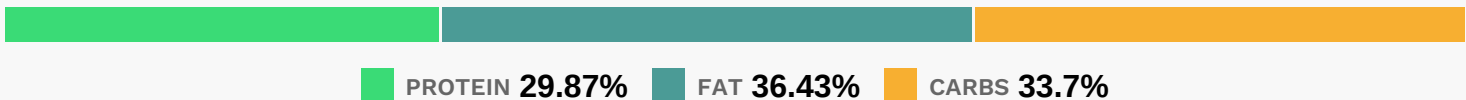
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ Tip the pizza mix into a bowl and make up following pack instructions. Cover the bowl with a cloth and leave for a few mins.
- ☐ Meanwhile, mix the tomato pure with 4 tbsp water, 1 tbsp oil from the tuna and some seasoning.
- ☐ Knead the dough for a few mins on a floured surface, then halve and put each piece, spaced apart, on a large oiled baking tray. Press with an oiled hand to make thin flat pizzas they dont have to be perfectly round.
- ☐ Spread with the tomato pure mixture, then top with the tuna, capers, cheese and olives.
- ☐ Bake for 10–12 mins.
- ☐ Serve scattered with the onion and rocket.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:22.044347804526%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg, Isorhamnetin: 3.19mg Kaempferol: 9.51mg, Kaempferol: 9.51mg, Kaempferol: 9.51mg, Kaempferol: 9.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.04mg, Quercetin: 20.04mg, Quercetin: 20.04mg, Quercetin: 20.04mg

Nutrients (% of daily need)

Calories: 529.04kcal (26.45%), Fat: 21.38g (32.89%), Saturated Fat: 10.53g (65.78%), Carbohydrates: 44.51g (14.84%), Net Carbohydrates: 41.22g (14.99%), Sugar: 5.17g (5.75%), Cholesterol: 82.68mg (27.56%), Sodium: 1419.36mg (61.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.46g (78.91%), Selenium: 73.99µg (105.7%), Vitamin B12: 3.8µg (63.37%), Vitamin B3: 9.65mg (48.23%), Calcium: 441.83mg (44.18%), Phosphorus: 376.76mg (37.68%), Iron: 4.51mg (25.04%), Vitamin B6: 0.42mg (20.99%), Zinc: 2.66mg (17.7%), Vitamin A: 879.76IU (17.6%), Vitamin B2: 0.3mg (17.43%), Vitamin K: 14.62µg (13.93%), Fiber: 3.29g (13.17%), Magnesium: 51.27mg (12.82%), Potassium: 407.86mg (11.65%), Vitamin E: 1.59mg (10.62%), Vitamin D: 1.36µg (9.07%), Vitamin C: 7.45mg (9.03%), Manganese: 0.17mg (8.49%), Copper: 0.17mg (8.32%), Folate: 31.57µg (7.89%), Vitamin B1: 0.09mg (5.68%), Vitamin B5: 0.41mg (4.13%)