



HEALTH SCORE

53%

Very simple Margherita pizza

READY IN



35 min.

SERVINGS



2

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings olive oil for the tray
- ☐ 200 g flour plain
- ☐ 7 g yeast dried
- ☐ 1 tsp sugar
- ☐ 125 ml water
- ☐ 85 ml passata
- ☐ 100 g mozzarella cheese grated chopped
- ☐ 2 tbsp parmesan grated
- ☐ 1 small bunch basil whole chopped

☐ 2 servings the salad

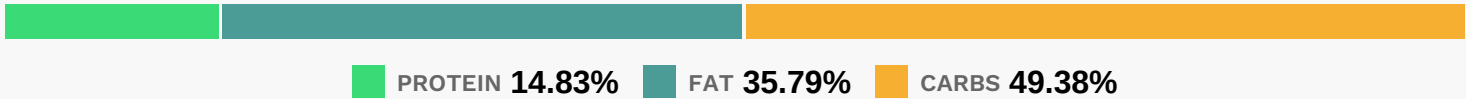
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 240C/220C fan/gas
- ☐ Oil a 20 x 24cm baking tray.
- ☐ Mix the flour, yeast, tsp salt and the sugar in a bowl, then stir in the water. Bring the mixture together, knead until smooth, then press into the oiled tray.
- ☐ Spread passata over the dough, leaving a thin border round the edge. Season the passata, then sprinkle with the chopped basil, the mozzarella and the Parmesan, and bake for 15–20 mins or until cooked through. Scatter with the remaining basil and serve with a side salad.

Nutrition Facts



Properties

Glycemic Index:134.55, Glycemic Load:57.04, Inflammation Score:-9, Nutrition Score:29.432173811871%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 701.21kcal (35.06%), Fat: 27.87g (42.87%), Saturated Fat: 9.54g (59.61%), Carbohydrates: 86.53g (28.84%), Net Carbohydrates: 81.97g (29.81%), Sugar: 5.1g (5.67%), Cholesterol: 42.9mg (14.3%), Sodium: 423.95mg (18.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.98g (51.97%), Vitamin B1: 1.21mg (80.77%), Folate: 291.21µg (72.8%), Selenium: 44.3µg (63.29%), Vitamin B2: 0.85mg (50.09%), Manganese: 0.89mg (44.48%), Vitamin B3: 8.29mg (41.46%), Phosphorus: 377.8mg (37.78%), Calcium: 350.15mg (35.01%), Iron: 6.23mg (34.64%), Vitamin K: 28.1µg (26.77%), Vitamin A: 1271.49IU (25.43%), Vitamin E: 3.1mg (20.66%), Vitamin B12: 1.2µg (20.04%),

Zinc: 2.86mg (19.07%), Fiber: 4.56g (18.24%), Vitamin C: 14.77mg (17.9%), Copper: 0.34mg (17.04%), Magnesium: 54mg (13.5%), Potassium: 460.96mg (13.17%), Vitamin B5: 1.26mg (12.58%), Vitamin B6: 0.21mg (10.72%), Vitamin D: 0.22µg (1.5%)