



WHATSheATE



White Pizza with Tomato and Basil



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon cornmeal
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 3 tablespoons pesto refrigerated with basil (such as buitoni)
- ☐ 10 ounce pizza crust italian cheese-flavored thin (such as Boboli)
- ☐ 2 ounces mozzarella cheese fresh shredded
- ☐ 0.5 cup tomatoes sliced (such as Campari tomatoes)

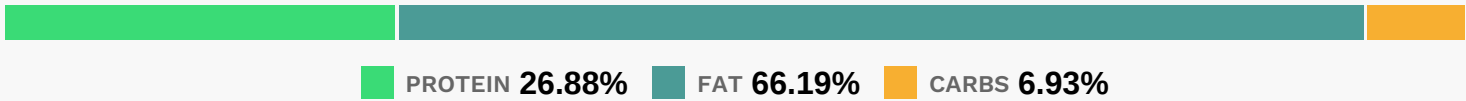
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat broiler to high.
- ☐ Place a baking sheet in oven; heat for 10 minutes.
- ☐ While baking sheet heats, place crust on another baking sheet sprinkled with cornmeal. Lightly coat crust with cooking spray.
- ☐ Spread pesto evenly over crust, leaving a 1-inch border; sprinkle mozzarella evenly over pesto. Dollop ricotta, by teaspoonfuls, evenly over mozzarella. Slide crust onto preheated baking sheet, using a spatula as a guide. Broil 5 inches from heat for 5 minutes or until cheese begins to melt.
- ☐ Remove from oven; top evenly with tomatoes, black pepper, and basil.
- ☐ Sprinkle with red pepper, if desired.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:58.88, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:5.2978261009507%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 362.28kcal (18.11%), Fat: 27.58g (42.43%), Saturated Fat: 6.96g (43.5%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.99g (2.18%), Sugar: 1.11g (1.23%), Cholesterol: 35.88mg (11.96%), Sodium: 368.51mg (16.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.41%), Calcium: 320.86mg (32.09%), Vitamin A: 676.62IU (13.53%), Phosphorus: 113.54mg (11.35%), Selenium: 7.63µg (10.9%), Vitamin K: 8.44µg (8.04%), Vitamin B12: 0.41µg (6.88%), Vitamin B2: 0.1mg (6.05%), Zinc: 0.89mg (5.93%), Vitamin C: 2.82mg (3.42%), Manganese: 0.06mg (3.25%), Potassium: 101.36mg (2.9%), Magnesium: 11.24mg (2.81%), Folate: 9.03µg (2.26%), Iron: 0.39mg (2.16%), Fiber: 0.51g (2.02%), Vitamin B6: 0.03mg (1.6%), Copper: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.32%), Vitamin B5: 0.12mg (1.19%), Vitamin E: 0.16mg (1.1%)