



 **100%**  
HEALTH SCORE

## Whole Wheat Margherita Pizza

 Vegetarian  Very Healthy

READY IN



150 min.

SERVINGS



2

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 ounce yeast dry ()
- 14 ounce canned tomatoes diced whole canned
- 2 cups flour all-purpose
- 10 basil fresh thinly sliced
- 1 teaspoon honey
- 2 servings kosher salt
- 1 tablespoon olive oil as needed plus more
- 4 cups whole-milk mozzarella shredded

- 1 cup water (110°F to 115°F)
- 1 cup flour whole wheat

## Equipment

- food processor
- bowl
- baking sheet
- ladle
- oven
- whisk
- blender
- plastic wrap
- stand mixer
- cutting board

## Directions

- Whisk the water and honey together in the bowl of a stand mixer fitted with a dough hook, then sprinkle the yeast on top. Set aside until the mixture bubbles, about 10 minutes.
- Add the flours, measured oil, and salt and mix on low speed until the dough just starts to come together and looks shaggy, about 2 minutes. Increase the speed to medium and continue to mix until the dough is elastic and smooth, about 5 minutes. Meanwhile, coat a large bowl with a thin layer of oil and set it aside. When the dough is ready, form it into a ball, place in the oiled bowl, and turn to coat with the oil. Cover the bowl tightly with plastic wrap and let the dough rest in a warm place until it doubles in size, about 1 hour. (Alternatively, let the dough rise in the refrigerator, covered, for up to 2 days.) Once the dough has risen, punch it down and turn it out onto a lightly oiled work surface. Divide the dough into 2 pieces and form each piece into a ball.
- Place the tomatoes and their juices in a blender or a food processor fitted with the blade attachment and process into a coarse purée, about 10 seconds; set aside.
- Transfer 1 dough ball to a baking sheet. Using your hands, stretch and shape it into a rough 14-by-10-inch rectangle. Using the back of a ladle or large spoon, spread half (about 2/3 cup) of the tomato purée in an even layer over the dough, leaving about a 1/2-inch border. Season

with salt and evenly sprinkle with half of the cheese.

Bake until the crust is browned and charred in spots and the cheese is brown and bubbly, about 12 to 15 minutes.

Transfer the pizza to a cutting board and sprinkle it with half of the basil.

Let the baking sheet cool and repeat with the remaining dough and toppings.

## Nutrition Facts

 **PROTEIN 33.96%**  **FAT 8.3%**  **CARBS 57.74%**

## Properties

Glycemic Index:117.64, Glycemic Load:74.59, Inflammation Score:-10, Nutrition Score:57.782174151877%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 1125.66kcal (56.28%), Fat: 10.56g (16.25%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 165.34g (55.11%), Net Carbohydrates: 146.72g (53.35%), Sugar: 15.54g (17.27%), Cholesterol: 40.68mg (13.56%), Sodium: 2146.7mg (93.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.24g (194.48%), Calcium: 2287.03mg (228.7%), Phosphorus: 1919.1mg (191.91%), Manganese: 3.69mg (184.66%), Selenium: 123.67µg (176.68%), Vitamin B1: 1.87mg (124.46%), Folate: 387.9µg (96.98%), Vitamin B2: 1.64mg (96.61%), Zinc: 12.15mg (80.98%), Fiber: 18.63g (74.5%), Vitamin B3: 14.5mg (72.49%), Iron: 11.44mg (63.53%), Magnesium: 228.42mg (57.11%), Copper: 0.91mg (45.47%), Vitamin B6: 0.83mg (41.74%), Potassium: 1214.23mg (34.69%), Vitamin B12: 2.08µg (34.69%), Vitamin A: 1624.62IU (32.49%), Vitamin E: 4.32mg (28.81%), Vitamin K: 28.18µg (26.84%), Vitamin C: 18.65mg (22.6%), Vitamin B5: 1.95mg (19.46%)