



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Cheese Pizza

Cheese pizza is a classic Italian dish that consists of a thin crust topped with tomato sauce and melted cheese. It is a popular choice for pizza lovers and can be enjoyed as a meal or a snack.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	Pizza Dough
<b>200 g</b>	tomato sauce
<b>200 g</b>	Mozzarella Cheese
<b>50 g</b>	Parmesan Cheese
<b>5 g</b>	Oregano

5 g

Basil

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 475°F (245°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Rolling

Roll out the pizza dough on a floured surface to your desired thickness.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

---

### Step 3

#### Transfer

Transfer the rolled-out dough to a baking sheet or pizza stone.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

### Spreading

Spread the tomato sauce evenly over the dough, leaving a small border around the edges.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

### Sprinkling

Sprinkle the mozzarella cheese over the sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 6

### Topping

Top with grated Parmesan cheese, oregano, and basil.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 7

### Baking

Bake in the preheated oven for 12-15 minutes, or until the crust is golden brown and the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 8

Cooling

Remove from the oven and let cool for a few minutes before slicing and serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 285 kcal

**Fat:** 12 g

**Protein:** 12 g

**Carbohydrates:** 32 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	32 g	58.18%	64%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	3 mg	3.33%	4%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	9 mcg	375%	375%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	590 mg	25.65%	25.65%
Calcium	25 mg	2.5%	2.5%
Iron	10 mg	125%	55.56%
Potassium	180 mg	5.29%	6.92%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

French

American

### Course

Desserts

Salads

Snacks

## Cultural

Chinese New Year

## Cost

\$20 to \$30

## Diet

Blood Type Diet

Low Sodium Diet

The Gerson Therapy

The Beverly Hills Diet

The Hollywood Diet

The Grapefruit Diet

The Rice Diet

The F-Plan Diet

The Israeli Army Diet

The Ice Cream Diet

The Master Cleanse Diet

The Subway Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)