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Philosophers Pie Pizza (Small)

A delicious pizza recipe inspired by the great philosophers of history. This pizza is topped with a variety of ingredients that will stimulate your mind and taste buds. It's perfect for a small gathering or a cozy night in.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	pizza dough
100 g	tomato sauce
200 g	Mozzarella Cheese
50 g	Olives
50 g	Mushrooms

50 g	Onions
50 g	Bell peppers
10 g	Basil
5 g	Oregano

Directions

Step 1

Preheating

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

Spread the tomato sauce evenly over the pizza dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Sprinkle the mozzarella cheese over the tomato sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Top the pizza with olives, mushrooms, onions, and bell peppers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Sprinkle basil and oregano over the toppings.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake the pizza 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

Resting

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 275 kcal

Fat: 10 g

Protein: 14 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

French

Mediterranean

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Salads

Sauces & Dressings

Difficulty Level

Medium

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