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Thin 'n Crispy (12") Cheese Only Pizza ♦♦

This recipe is for a thin and crispy cheese only pizza. It is a classic pizza recipe that is loved by many. The crust is thin and crispy, and the cheese is melted and gooey. It is perfect for pizza lovers who enjoy a simple and delicious cheese pizza.

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

300 g	Pizza Dough
200 g	mozzarella cheese
150 g	pizza sauce
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

Rolling

Roll out the pizza dough on a floured surface to a 12-inch (30 cm) diameter.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Spread the pizza sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Sprinkling

Sprinkle oregano over the cheese.

Prep Time: 1 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

Cooling

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

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 1200 kcal

Fat: 40 g

Protein: 50 g

Carbohydrates: 150 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	150 g	272.73%	300%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	40 g	142.86%	160%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	600 mg	60%	60%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian French American

Course

Salads

Diet

Pescatarian Diet Low Sodium Diet The Fast Metabolism Diet
The 80/10/10 Diet The Rice Diet The F-Plan Diet The Israeli Army Diet

The Air Diet

The Master Cleanse Diet

The Shangri-La Diet

The Carnivore Diet

The Dukan Diet

The Gut and Psychology Syndrome (GAPS) Diet

The Specific Carbohydrate Diet (SCD)

The Dr. Sebi Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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