



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Cheesy Pizza

Cheesy pizza is a classic Italian dish that is loved by people all over the world. It is a delicious combination of a crispy crust, tangy tomato sauce, and melted cheese. This recipe will guide you through the process of making your own cheesy pizza at home.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 15 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Pizza Dough
200 g	tomato sauce
300 g	Mozzarella Cheese
50 g	Parmesan Cheese
30 ml	olive oil

10 g	basil leaves
5 g	Salt
2 g	Pepper

Directions

Step 1

Oven

Preheat the oven to 475°F (245°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

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

Sprinkle the mozzarella and Parmesan cheese over the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Drizzle the olive oil over the cheese and season with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Oven

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

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Garnish with fresh basil leaves and serve hot.

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	2 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	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
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	500 mg	21.74%	21.74%
Calcium	25 mg	2.5%	2.5%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian French American

Course

Breads Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com