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Anchovy Pizza

Anchovy pizza is a classic Italian dish that features a thin crust topped with tomato sauce, mozzarella cheese, and salty anchovies. It is often enjoyed as a savory and flavorful meal.

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

300 g	Pizza Dough
200 g	tomato sauce
200 g	Mozzarella Cheese
50 g	Anchovies

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 into a thin circle.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Spread tomato sauce evenly over the dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Sprinkle mozzarella cheese over the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Place anchovies on top of the cheese.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Oven

Bake the pizza in the preheated oven for 12-15 minutes, or until the crust is golden brown.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Remove the pizza 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: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 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	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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 Middle Eastern

Meal Type

Breakfast Lunch Snack Dinner

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Ramadan Easter Halloween

Cost

\$10 to \$20 \$30 to \$40 \$40 to \$50

Difficulty Level

Easy

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