

# Nutracheck Recipe

## Homemade Pizza

Serves: 1

**var** kcals  
**var** g fat  
per serving



In 5 easy calorie counting steps.....create your own pizza.....goodness not guilt!

Aim for 500 calories or less by choosing whichever ingredients you fancy.

### Cooking Instructions:

1. Make the base as per packet instructions.

Ingredient	Calories per portion	Fat (g) per portion
1 pizza base	270	3.5

2. Spread the sauce.

Ingredient	Calories per portion	Fat (g) per portion
4tbsp. tomato puree	40	0.1

3. Add cheese

Ingredient	Calories per portion	Fat (g) per portion
50g grated mozzarella cheese	144	10.5

4. Add your protein portion – choose one

Topping	Calories per portion	Fat (g) per portion
½ medium cooked chicken breast (65g)	96	1.4
2 thin slices of lean ham	42	1.0
75g cooked prawns	54	0.4
56g smoked salmon	80	2.5
1 (40g) reduced fat pork sausage (grilled)	92	5.5

5. Your way to a 5-a-day... Add as many as you like!

<b>Topping</b>	<b>Calories per portion</b>	<b>Fat (g) per portion</b>
5 (125g) asparagus spears (boiled)	32	1.0
Medium portion of broccoli (85g)	20	0.7
½ courgette	9	0.2
3 large mushrooms (60g)	6	0.3
1 small (60g) onion	21	0.1
1 small (60g) red onion	22	0.1
½ medium green pepper	12	0.2
1/2 medium yellow pepper (80g)	20	0.2
½ medium red pepper (80g)	25	0.3
1 large slice of pineapple	32	0.2
Spinach (90g)	22	0.7
1 tbsp. sweetcorn kernels, boiled	33	0.7
4 cherry tomatoes	10	0.2
1 medium tomato	14	0.3

6. For some extra flavour...

<b>Topping</b>	<b>Calories per portion</b>	<b>Fat (g) per portion</b>
1 anchovy fillet	19	1.0
1 tbsp. (15g) capers	1	0.1
4 black olives (in brine)	12	1.2

Bake in the oven for 20 minutes.

Enjoy with a green salad.