

# Italian Fried Pizza (Pizza Fritta Napoletana)

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-pizza-recipe>

## Ingredients:

- 250 grams pizza dough fresh, Homemade or store-bought
- sunflower oil for cooking
- 400 grams chopped tomatoes
- 2 teaspoons garlic finely chopped
- 2 tablespoons olive oil
- 1 cup mozzarella or bocconcini sliced into small pieces
- 1/2 cup fresh basil leaves
- 2 tablespoons grated Parmesan

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 25 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 6 grams
8. Sodium: 440 milligrams
9. Sugar: 4 grams
10. TransFat: 1.5 grams

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