



1-Dish Pepperoni Cheese Pizza Bake

 Very Healthy

READY IN



50 min.

SERVINGS



1

CALORIES



2107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups flour all-purpose
- 2 tablespoons olive oil
- 2 ounces pepperoni
- 0.5 cup pizza sauce
- 0.5 teaspoon salt
- 2 cups mozzarella cheese shredded
- 2 teaspoons sugar
- 0.8 cup very warm water (120 degrees F to 130 degrees F)

2 envelopes fleischmann's® rapidrise yeast

Equipment

oven

Directions

Mix batter ingredients in a pre-sprayed 9-1/2-inch deep dish pie plate.

Spread pizza sauce evenly over batter.

Top dough with pepperoni slices. Firmly push pepperoni into batter.

Sprinkle with cheese.

Bake by placing in a cold oven; set temperature to 350 degrees F.

Bake for 30 minutes or until done.

Nutrition Facts



PROTEIN 17.17% **FAT 46.18%** **CARBS 36.65%**

Properties

Glycemic Index:245.09, Glycemic Load:129.96, Inflammation Score:-10, Nutrition Score:60.855217560478%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 2107.23kcal (105.36%), Fat: 107.92g (166.03%), Saturated Fat: 43.89g (274.31%), Carbohydrates: 192.74g (64.25%), Net Carbohydrates: 181.23g (65.9%), Sugar: 15.24g (16.94%), Cholesterol: 231.96mg (77.32%), Sodium: 4064.74mg (176.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.27g (180.54%), Vitamin B1: 3.51mg (233.83%), Folate: 757.45µg (189.36%), Selenium: 130.57µg (186.53%), Vitamin B2: 2.5mg (147.14%), Phosphorus: 1241.05mg (124.1%), Calcium: 1202.54mg (120.25%), Vitamin B3: 22.82mg (114.1%), Manganese: 2.07mg (103.73%), Vitamin B12: 5.85µg (97.57%), Iron: 13.54mg (75.22%), Zinc: 10.86mg (72.39%), Vitamin E: 6.94mg (46.25%), Fiber: 11.51g (46.04%), Vitamin B5: 4.21mg (42.13%), Vitamin A: 2044.67IU (40.89%), Vitamin B6: 0.71mg (35.72%), Magnesium: 130.87mg (32.72%), Copper: 0.62mg (31.15%), Potassium: 1057.86mg (30.22%), Vitamin K: 29.44µg (28.04%), Vitamin D: 1.63µg (10.89%), Vitamin C: 8.62mg (10.44%)