

Bubble Pizza

READY IN



60 min.

SERVINGS



8

CALORIES



717 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce buttermilk biscuit dough refrigerated
- ☐ 10 ounce olives black sliced canned
- ☐ 4.5 ounce mushrooms sliced canned
- ☐ 1 pound ground beef
- ☐ 0.5 onion separated sliced
- ☐ 0.3 pound pepperoni sausage sliced
- ☐ 14 ounce pizza sauce canned
- ☐ 1 cup cheddar cheese shredded
- ☐ 1.5 cups mozzarella cheese shredded

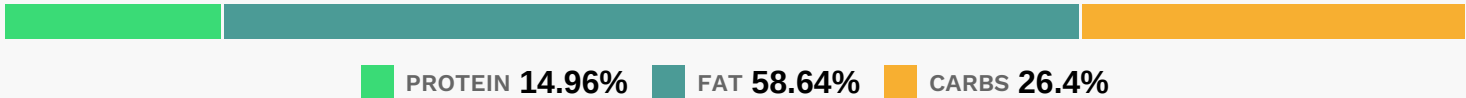
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.
- ☐ Place ground beef in a large, deep skillet. Cook over medium high heat until evenly brown. Stir in pepperoni, and cook until browned.
- ☐ Drain excess fat. Stir in pizza sauce.
- ☐ Remove from heat, and set aside.
- ☐ Cut biscuits into quarters, and place in the bottom of baking dish.
- ☐ Spread meat mixture evenly over the biscuits.
- ☐ Sprinkle top with onion, olives and mushrooms.
- ☐ Bake uncovered in preheated oven for 20 to 25 minutes.
- ☐ Sprinkle top with mozzarella and Cheddar cheese.
- ☐ Bake an additional 5 to 10 minutes, until cheese is melted.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.38, Glycemic Load:27.35, Inflammation Score:-6, Nutrition Score:22.658696008765%

Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 716.54kcal (35.83%), Fat: 47.06g (72.39%), Saturated Fat: 15.2g (95%), Carbohydrates: 47.67g (15.89%), Net Carbohydrates: 44.15g (16.05%), Sugar: 5.84g (6.49%), Cholesterol: 85.57mg (28.52%), Sodium: 2143.18mg (93.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.01g (54.02%), Phosphorus: 644.05mg (64.41%), Selenium: 37.48µg (53.54%), Vitamin B12: 2.15µg (35.75%), Vitamin B3: 6.82mg (34.11%), Vitamin B1: 0.47mg (31.49%), Vitamin B2: 0.53mg (31.2%), Zinc: 4.51mg (30.04%), Calcium: 289.19mg (28.92%), Iron: 5mg (27.78%), Manganese: 0.51mg (25.34%), Vitamin E: 3.71mg (24.76%), Folate: 77.4µg (19.35%), Vitamin B6: 0.37mg (18.48%), Potassium: 602.11mg (17.2%), Fiber: 3.52g (14.08%), Copper: 0.26mg (13.24%), Vitamin A: 639.42IU (12.79%), Magnesium: 49.08mg (12.27%), Vitamin B5: 1.09mg (10.95%), Vitamin K: 8.06µg (7.68%), Vitamin C: 3.98mg (4.83%), Vitamin D: 0.44µg (2.94%)