



## Cheesy Hot Dog-Topped Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 oscar mayer beef franks cut into 1/4-inch-thick slices
- 1.5 cups pizza low-moisture mozzarella & cheddar cheeses shredded kraft
- 1 tsp heinz mustard yellow
- 1 ready-to-use baked pizza crust
- 0.5 cup classico pizza sauce traditional
- 1 Tbsp heinz tomato ketchup

### Equipment

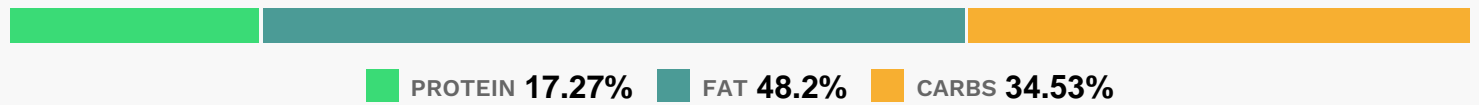
- baking sheet

oven

## Directions

- Heat oven to 400F.
- Place pizza crust on baking sheet.
- Mix pizza sauce, ketchup and mustard; spread onto crust.
- Top with franks and cheese.
- Bake 10 to 15 min. or until crust is golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:12.83, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:7.7630434606386%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 419.6kcal (20.98%), Fat: 22.47g (34.57%), Saturated Fat: 10.42g (65.13%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.87g (12.68%), Sugar: 3.57g (3.97%), Cholesterol: 43.56mg (14.52%), Sodium: 1140.36mg (49.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Calcium: 264.07mg (26.41%), Phosphorus: 220.72mg (22.07%), Vitamin B12: 1.2µg (19.99%), Selenium: 13.14µg (18.78%), Iron: 2.67mg (14.85%), Zinc: 2.06mg (13.75%), Vitamin B2: 0.17mg (9.72%), Vitamin B3: 1.31mg (6.54%), Vitamin A: 274.44IU (5.49%), Fiber: 1.35g (5.39%), Copper: 0.1mg (4.97%), Potassium: 161.12mg (4.6%), Magnesium: 17.31mg (4.33%), Vitamin B6: 0.08mg (4.14%), Vitamin E: 0.48mg (3.22%), Folate: 12.2µg (3.05%), Vitamin D: 0.38µg (2.55%), Manganese: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.91%), Vitamin B5: 0.19mg (1.91%), Vitamin C: 1.55mg (1.88%)