



## Cheesy Pepperoni Pizza

READY IN



15 min.

SERVINGS



1

CALORIES



1307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 Tbsp cheez whiz cheese dip
- 1 Tbsp pasilla peppers green chopped
- 5 slices oscar mayer pepperoni
- 1 ready-to-use baked pizza crust (7 inch)
- 0.3 cup mozzarella cheese shredded kraft

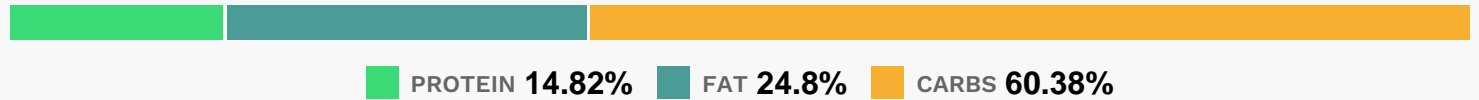
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 450F.
- Place pizza crust on baking sheet; spread with CHEEZ WHIZ.
- Top with remaining ingredients.
- Bake 8 to 10 min. or until mozzarella is melted.

## Nutrition Facts



## Properties

Glycemic Index:65, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:12.087826135366%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1307.31kcal (65.37%), Fat: 35.81g (55.1%), Saturated Fat: 18.77g (117.31%), Carbohydrates: 196.18g (65.39%), Net Carbohydrates: 189.94g (69.07%), Sugar: 8.7g (9.67%), Cholesterol: 56.57mg (18.86%), Sodium: 2974.37mg (129.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.16g (96.33%), Calcium: 622.66mg (62.27%), Iron: 11.12mg (61.79%), Phosphorus: 382.76mg (38.28%), Fiber: 6.24g (24.95%), Vitamin B12: 0.77µg (12.81%), Vitamin B2: 0.19mg (10.98%), Selenium: 7.66µg (10.94%), Zinc: 1.61mg (10.77%), Vitamin C: 7.61mg (9.22%), Vitamin A: 437.86IU (8.76%), Potassium: 144.15mg (4.12%), Manganese: 0.08mg (3.96%), Vitamin B6: 0.07mg (3.37%), Vitamin B3: 0.57mg (2.86%), Vitamin B1: 0.04mg (2.72%), Magnesium: 8.33mg (2.08%), Vitamin K: 1.91µg (1.82%), Vitamin B5: 0.17mg (1.67%), Vitamin D: 0.24µg (1.61%), Vitamin E: 0.19mg (1.27%)