



Cheesy Pepperoni Pulls

READY IN



50 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

Ingredients

- 1 cup grape tomatoes
- 1 bell pepper green chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 large onion chopped
- 4 oz oscar mayer pepperoni ()
- 13.4 oz pizza crust refrigerated
- 1 cup mozzarella cheese shredded kraft

Equipment

- oven
- knife
- baking pan

Directions

- Heat oven to 400F.
- Combine first 5 ingredients in 13x9-inch baking dish sprayed with cooking spray; top with cheese.
- Unroll pizza dough; cut into 2-inch pieces with sharp knife or kitchen shears.
- Place over cheese.
- Bake 30 min. or until golden brown; cool 10 min. Loosen edges from side of dish; invert onto platter. Carefully remove dish.

Nutrition Facts

PROTEIN 15.17% **FAT 43.63%** **CARBS 41.2%**

Properties

Glycemic Index:21.67, Glycemic Load:1, Inflammation Score:-4, Nutrition Score:7.9213043088498%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 348.94kcal (17.45%), Fat: 17.06g (26.25%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 34.23g (12.45%), Sugar: 7.36g (8.18%), Cholesterol: 33.08mg (11.03%), Sodium: 973.48mg (42.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.69%), Vitamin C: 21.24mg (25.74%), Selenium: 8.98µg (12.82%), Iron: 2.26mg (12.53%), Phosphorus: 114.59mg (11.46%), Vitamin B12: 0.67µg (11.19%), Calcium: 109.35mg (10.93%), Manganese: 0.21mg (10.29%), Vitamin K: 10.54µg (10.04%), Vitamin B6: 0.18mg (8.79%), Vitamin A: 410.46IU (8.21%), Fiber: 2.01g (8.04%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.12mg (6.97%), Vitamin B3: 1.25mg (6.24%), Vitamin B1: 0.09mg (6.05%), Potassium: 204.26mg (5.84%), Vitamin E: 0.66mg (4.38%), Magnesium: 14.84mg (3.71%), Vitamin B5: 0.32mg (3.22%), Folate: 12.71µg (3.18%), Copper: 0.06mg (2.93%), Vitamin

D: 0.32μg (2.14%)