



Creepy Mini Pizzas

READY IN



35 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings olives black
- 1 pound cheeses such as mozzarella and cheddar shredded white yellow
- 1 leaf curly-leaf parsley fresh
- 3.3 cups flour all-purpose as needed
- 8 servings mushrooms
- 1 slices pepperoni
- 1.5 teaspoons salt
- 1.5 tablespoons sugar
- 0.3 cup vegetable plus! oil mazola®

- 1.3 cups very warm water (120 degrees to 130 degrees F)
- 1 envelope rapidrise yeast
- 8 servings bell peppers green red yellow

Equipment

- bowl
- baking sheet
- oven
- wire rack

Directions

- Preheat oven to 425 degrees F.
- Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and oil; mix until well blended, about 1 minute.
- Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic, about 4 minutes. Divide dough into 8 portions; cover. (If using Rapid
- Rise Yeast, let dough rise at this point for 10 minutes.)
- Pat each portion of dough with floured hands into an 8-inch circle on a greased baking sheet. Form a rim by pinching the edge of the dough.
- Add a second crust to the same baking sheet.
- Bake for 6 to 7 minutes, dough will be just set and only lightly browned on the bottom.
- Remove crusts to a wire rack to cool. Continue with remaining pizza dough. (Works best to use several baking sheets.) May use crusts immediately or place in freezer bags and freeze for up to 1 month.
- When ready to bake, preheat oven to 475 degrees F.
- Spread each crust with pizza sauce. Top with desired toppings to make Halloween designs! Repeat with remaining pizzas.
- Place on a baking sheet and bake for 6 to 8 minutes, until cheese is melted and lightly browned and bottom of crust is browned.

Nutrition Facts

PROTEIN 13.98% FAT 53.74% CARBS 32.28%

Properties

Glycemic Index:33.01, Glycemic Load:29.99, Inflammation Score:-6, Nutrition Score:15.85913055876%

Flavonoids

Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 536.27kcal (26.81%), Fat: 32.05g (49.31%), Saturated Fat: 12.8g (80.03%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 41.25g (15%), Sugar: 2.7g (3%), Cholesterol: 56.94mg (18.98%), Sodium: 1126.6mg (48.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.53%), Selenium: 33.62µg (48.03%), Calcium: 420.83mg (42.08%), Phosphorus: 316.89mg (31.69%), Vitamin B2: 0.51mg (29.87%), Vitamin B1: 0.42mg (28.08%), Folate: 106.07µg (26.52%), Vitamin K: 20.56µg (19.58%), Manganese: 0.36mg (17.83%), Zinc: 2.46mg (16.43%), Vitamin B3: 3.13mg (15.67%), Iron: 2.58mg (14.31%), Vitamin A: 659.25IU (13.19%), Vitamin E: 1.96mg (13.1%), Vitamin B12: 0.6µg (10.08%), Fiber: 2.06g (8.22%), Magnesium: 29.4mg (7.35%), Copper: 0.13mg (6.37%), Vitamin B5: 0.48mg (4.81%), Vitamin B6: 0.07mg (3.57%), Potassium: 113.21mg (3.23%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.35µg (2.3%)