

Crime Scene

READY IN



25 min.

SERVINGS



1

CALORIES



2856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 ounces meatballs shredded
- 0.3 cup parmesan shredded
- 18 ounce pizza dough
- 8 ounces ricotta cheese
- 8 ounces mozzarella cheese shredded
- 8 ounces tomato sauce

Equipment

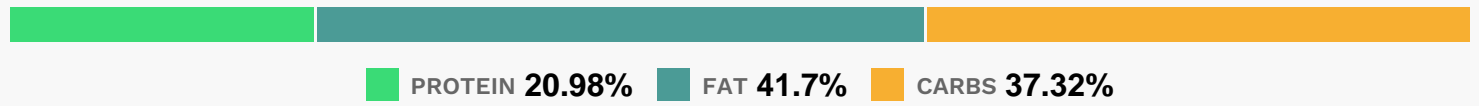
- ladle

oven

Directions

- Preheat the oven to 525 to 500 degrees F, or the highest possible temperature.
- Stretch the dough into an 18-inch circle. Cover the dough with the mozzarella and Parmesan. Top evenly with the ricotta and meatballs.
- Bake the pizza for 8 to 10 minutes, then ladle on the sauce evenly and bake for 1 minute longer.
- Serve.

Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:7.31, Inflammation Score:-9, Nutrition Score:52.610434532166%

Nutrients (% of daily need)

Calories: 2855.56kcal (142.78%), Fat: 133.12g (204.8%), Saturated Fat: 67.92g (424.51%), Carbohydrates: 268.12g (89.37%), Net Carbohydrates: 257.06g (93.48%), Sugar: 42.86g (47.62%), Cholesterol: 413.89mg (137.96%), Sodium: 6856.82mg (298.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 150.7g (301.39%), Calcium: 1962.38mg (196.24%), Phosphorus: 1643.99mg (164.4%), Selenium: 113.3µg (161.85%), Vitamin B12: 7.23µg (120.57%), Iron: 19.27mg (107.04%), Vitamin B2: 1.65mg (96.92%), Zinc: 13.56mg (90.39%), Vitamin B1: 1.2mg (79.95%), Vitamin A: 3729.58IU (74.59%), Vitamin B6: 0.97mg (48.47%), Vitamin B3: 8.94mg (44.68%), Fiber: 11.06g (44.23%), Potassium: 1513.9mg (43.25%), Magnesium: 142.26mg (35.56%), Vitamin E: 4mg (26.68%), Vitamin B5: 2.56mg (25.64%), Vitamin C: 16.87mg (20.45%), Copper: 0.41mg (20.26%), Folate: 72.34µg (18.09%), Manganese: 0.34mg (17.17%), Vitamin K: 14.49µg (13.8%), Vitamin D: 1.49µg (9.91%)