Custom Kid Pizzas

READY IN	SERVINGS	CALORIES
80 min.	1	1262 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 12 ounces pizza cheese blend shredded
- [ ] 1 serving pizza dough
- [ ] 1 serving pizza sauce

Equipment

- [ ] baking sheet
- [ ] baking paper
- [ ] oven
- [ ] oven mitt

Directions

- [ ] Let pizza dough balls stand at room temperature 15 minutes.
- [ ] Preheat oven to 45
- [ ] Assemble the pizzas: Shape each Pizza Dough ball into a 6- to 8-inch circle on parchment paper.
- [ ] Spread 2 tablespoons Pizza Sauce over each crust.
- [ ] Sprinkle each pizza with about 1/3 cup cheese.
- [ ] Add toppings, if you'd like. Slide pizzas onto baking sheets using parchment paper.
- [ ] Bake at 450 on lowest oven rack for 15 minutes or until browned.
- [ ] Remove baking sheets from the oven using oven mitts.

Nutrition Facts

PROTEIN **27.33%** FAT **58.97%** CARBS **13.7%**

Properties

Glycemic Index:45, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:8.3317391457765%

Nutrients (% of daily need)

Calories: 1261.64kcal (63.08%), Fat: 87.18g (134.13%), Saturated Fat: 14.1g (88.11%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 42.91g (15.6%), Sugar: 7.89g (8.77%), Cholesterol: 68.04mg (22.68%), Sodium: 1639.13mg (71.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 90.91g (181.82%), Calcium: 697.54mg (69.75%), Iron: 2.71mg (15.08%), Vitamin E: 1.76mg (11.76%), Fiber: 2.69g (10.77%), Vitamin A: 530.42IU (10.61%), Potassium: 363.83mg (10.4%), Vitamin C: 8.57mg (10.39%), Copper: 0.14mg (7.04%), Manganese: 0.13mg (6.55%), Vitamin B3: 1.21mg (6.07%), Vitamin B6: 0.12mg (6%), Vitamin B2: 0.08mg (4.68%), Magnesium: 18.38mg (4.59%), Vitamin B5: 0.38mg (3.79%), Phosphorus: 33.08mg (3.31%), Vitamin K: 3.43µg (3.27%), Folate: 11.02µg (2.76%), Vitamin B1: 0.03mg (1.96%), Zinc: 0.27mg (1.8%), Selenium: 0.74µg (1.05%)