



 **42%**
HEALTH SCORE

Daddy's Favorite Pizza

READY IN



23 min.

SERVINGS



8

CALORIES



1035 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings bacon
- 8 servings basil
- 8 servings basil
- 8 servings bell pepper
- 8 servings bell pepper
- 8 servings broccoli
- 8 servings chicken
- 8 servings chives
- 8 servings feta cheese

- 8 servings ground beef
- 8 servings olives black
- 8 servings deluxe four-cheese macaroni and cheese dinner (yeah i know but its amazing)
- 2 cups mozzarella cheese
- 8 servings mushrooms
- 8 servings mushrooms
- 8 servings onion
- 8 servings oregano
- 8 servings pineapple
- 1 pizza dough
- 14 ounce tomato sauce
- 8 servings potatoes cooked sliced
- 8 servings cream sour

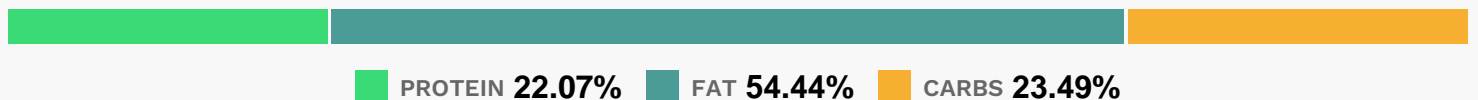
Equipment

- oven
- pizza stone

Directions

- Place pizza dough on pizza stone. Cover with desired amount of sauce, spices toppings then cheese.
- Bake at 300F until cheese is melted and bubbly around edges.

Nutrition Facts



Properties

Glycemic Index:85.3, Glycemic Load:12.9, Inflammation Score:-10, Nutrition Score:49.661738603011%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg, Kaempferol: 3.94mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.11mg, Quercetin: 13.11mg, Quercetin: 13.11mg

Nutrients (% of daily need)

Calories: 1035.16kcal (51.76%), Fat: 63.44g (97.6%), Saturated Fat: 24g (149.99%), Carbohydrates: 61.59g (20.53%), Net Carbohydrates: 52.54g (19.1%), Sugar: 23.19g (25.76%), Cholesterol: 212.13mg (70.71%), Sodium: 1779.15mg (77.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.88g (115.76%), Vitamin C: 280.35mg (339.82%), Vitamin A: 6103.89IU (122.08%), Vitamin K: 84.13µg (80.13%), Vitamin B6: 1.6mg (80.1%), Vitamin B3: 15.12mg (75.6%), Phosphorus: 673.83mg (67.38%), Manganese: 1.33mg (66.67%), Selenium: 44.84µg (64.05%), Vitamin B12: 3.44µg (57.28%), Zinc: 7.99mg (53.26%), Vitamin B2: 0.9mg (52.78%), Calcium: 436.09mg (43.61%), Folate: 158µg (39.5%), Potassium: 1364.37mg (38.98%), Iron: 6.93mg (38.5%), Fiber: 9.06g (36.23%), Vitamin E: 5.34mg (35.6%), Vitamin B5: 3.09mg (30.85%), Vitamin B1: 0.44mg (29.6%), Magnesium: 111.97mg (27.99%), Copper: 0.4mg (19.94%), Vitamin D: 0.63µg (4.17%)