



Deep-Dish Mini Pizzas

READY IN



27 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups italian* five cheese shredded with a touch of philadelphia kraft
- 0.1 tsp oregano leaves dried
- 2 Tbsp parmesan cheese grated kraft
- 12 slices oscar mayer pepperoni
- 1 cup classico pizza sauce traditional
- 14 oz pizza crust refrigerated canned

Equipment

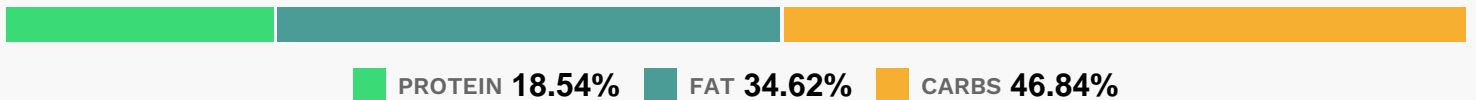
- frying pan

- oven
- muffin tray
- cutting board

Directions

- Heat oven to 400F.
- Unroll pizza dough on cutting board.
- Cut into 12 (3x2-inch) rectangles; place 1 in each of 12 muffin pan cups sprayed with cooking spray.
- Sprinkle half the shredded cheese evenly into cups; top with pizza sauce, remaining shredded cheese and pepperoni.
- Sprinkle with Parmesan and oregano.
- Bake 11 to 12 min. or until crusts are golden brown and shredded cheese is melted. Cool 5 min. before removing from pan to serve.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.71, Inflammation Score:-2, Nutrition Score:3.1926087050334%

Nutrients (% of daily need)

Calories: 289.68kcal (14.48%), Fat: 11.49g (17.68%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 34.98g (11.66%), Net Carbohydrates: 33.36g (12.13%), Sugar: 5.56g (6.18%), Cholesterol: 10.93mg (3.64%), Sodium: 817.38mg (35.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Iron: 2.25mg (12.51%), Calcium: 77.81mg (7.78%), Fiber: 1.62g (6.48%), Vitamin E: 0.64mg (4.3%), Potassium: 135.77mg (3.88%), Vitamin A: 191.86IU (3.84%), Manganese: 0.07mg (3.54%), Vitamin C: 2.86mg (3.47%), Vitamin B3: 0.61mg (3.04%), Selenium: 1.99µg (2.84%), Vitamin B6: 0.06mg (2.81%), Phosphorus: 27.97mg (2.8%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.52%), Magnesium: 7.53mg (1.88%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.26mg (1.74%), Vitamin K: 1.64µg (1.56%), Vitamin B1: 0.02mg (1.41%), Vitamin B12: 0.07µg (1.24%), Folate: 4.06µg (1.02%)