

Deep-Dish Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon basil dried whole
- ☐ 0.1 teaspoon pepper black
- ☐ 22 ounce bread dough refrigerated french
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 6 large cloves garlic crushed
- ☐ 1 cup bell pepper green chopped
- ☐ 6 ounces ground beef
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon oregano dried whole
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup romano cheese grated
- ☐ 0.5 cup no-salt-added tomato paste
- ☐ 0.8 cup water
- ☐ 1 tablespoon cornmeal yellow

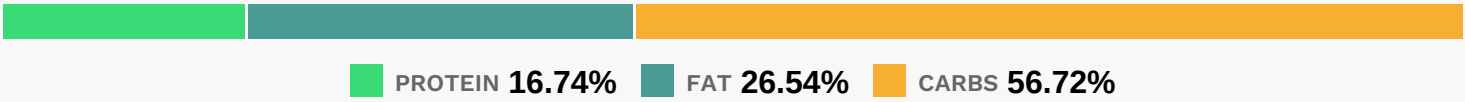
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 7 ingredients in a small saucepan; stir well. Cook over low heat until mixture is thoroughly heated. Set aside.
- ☐ Coat a large skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add meat and next 3 ingredients; cook until meat is browned, stirring until it crumbles.
- ☐ Drain and set aside.
- ☐ Coat 2 (9-inch) round cakepans with cooking spray, and sprinkle each with 1 1/2 teaspoons cornmeal. Unroll 1 package bread dough; fold each corner in toward center to form a diamond. Pat dough, folded corners up, into a prepared pan. Repeat procedure with remaining bread dough.
- ☐ Spread 1/2 cup tomato mixture over each prepared crust; top each with 1 cup meat mixture.
- ☐ Sprinkle each with 1/4 cup plus 2 tablespoons mozzarella cheese and 2 tablespoons Romano cheese.
- ☐ Bake at 475 for 12 minutes.
- ☐ Let pizzas stand 5 minutes.
- ☐ Cut each pizza into 4 wedges.
- ☐ Sprinkle with crushed red pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:34.56, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:8.1456521581049%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

Nutrients (% of daily need)

Calories: 326.25kcal (16.31%), Fat: 9.32g (14.34%), Saturated Fat: 3.3g (20.62%), Carbohydrates: 44.81g (14.94%), Net Carbohydrates: 41.63g (15.14%), Sugar: 3.49g (3.87%), Cholesterol: 25.15mg (8.38%), Sodium: 616.73mg (26.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Vitamin C: 20.8mg (25.21%), Calcium: 143.86mg (14.39%), Phosphorus: 137.21mg (13.72%), Fiber: 3.18g (12.72%), Vitamin B6: 0.22mg (10.98%), Zinc: 1.51mg (10.06%), Vitamin B12: 0.58µg (9.62%), Selenium: 6.55µg (9.36%), Potassium: 317.93mg (9.08%), Manganese: 0.18mg (8.93%), Vitamin B3: 1.6mg (7.99%), Vitamin A: 399.74IU (7.99%), Iron: 1.32mg (7.31%), Vitamin B2: 0.12mg (6.91%), Vitamin K: 6.98µg (6.65%), Vitamin E: 0.94mg (6.26%), Copper: 0.12mg (5.75%), Magnesium: 22.01mg (5.5%), Vitamin B1: 0.05mg (3.4%), Folate: 11.51µg (2.88%), Vitamin B5: 0.22mg (2.18%)