



Design-Your-Own Pizza

READY IN



55 min.

SERVINGS



16

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 package yeast dry quick
- ☐ 1 cup water (105°F to 115°F)
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup flour whole wheat
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 1 serving vegetable oil
- ☐ 1 serving cornmeal
- ☐ 1 lb ground beef 80% lean (at least)

- ☐ 1 cup bell pepper green chopped
- ☐ 1 teaspoon seasoning italian
- ☐ 2 cloves garlic finely chopped
- ☐ 8 oz tomato sauce canned
- ☐ 4 oz chilis green drained sliced chopped canned
- ☐ 8 oz mozzarella cheese shredded
- ☐ 0.3 cup pecorino cheese grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

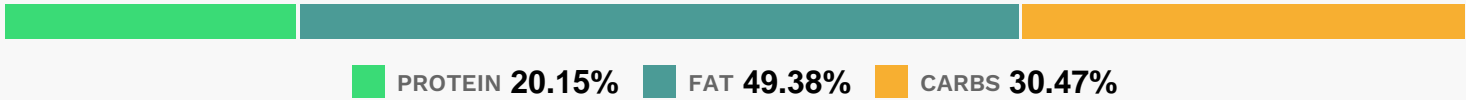
Directions

- ☐ In medium bowl, dissolve yeast in warm water. Stir in all-purpose and whole wheat flour, 2 tablespoons oil and the salt. Beat vigorously 20 strokes.
- ☐ Let rest 20 minutes. Follow directions below for thin or thick crusts.
- ☐ For thin crusts: Move oven rack to lowest position.
- ☐ Heat oven to 425°F. Grease 2 cookie sheets or 12-inch pizza pans with oil.
- ☐ Sprinkle with cornmeal. Divide dough in half. With floured fingers, pat each half into 11-inch round on cookie sheet.
- ☐ Bake uncovered about 10 minutes or until crust just begins to brown.
- ☐ For thick crusts: Move oven rack to lowest position.
- ☐ Heat oven to 375°F. Grease 2 8-inch square pans with oil.
- ☐ Sprinkle with cornmeal. Divide dough in half. With floured fingers, pat each half in bottom of pan. Cover and let rise in warm place 30 to 45 minutes or until almost double.
- ☐ Bake uncovered 20 to 22 minutes or until crust just begins to brown.
- ☐ While crusts are baking, in 10-inch skillet, cook beef, onion, Italian seasoning and garlic over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked and onion

is tender; drain.

- ☐
- Spread pizza sauce over crusts.
- ☐
- Sprinkle with beef mixture, mushrooms and cheeses.
- ☐
- Bake thin-crust pizzas at 425°F about 10 minutes, thick-crust pizzas at 375°F about 20 minutes, or until cheese is melted and pizzas are bubbly.

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:7.15, Inflammation Score:-4, Nutrition Score:9.906956480897%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 222.96kcal (11.15%), Fat: 12.29g (18.91%), Saturated Fat: 4.78g (29.85%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.22g (5.53%), Sugar: 0.97g (1.07%), Cholesterol: 32.95mg (10.98%), Sodium: 296.36mg (12.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.57%), Selenium: 15.73µg (22.48%), Manganese: 0.44mg (21.85%), Vitamin B12: 0.95µg (15.79%), Phosphorus: 157.7mg (15.77%), Vitamin B1: 0.21mg (13.8%), Vitamin B3: 2.71mg (13.54%), Zinc: 2.03mg (13.53%), Vitamin C: 11.02mg (13.36%), Vitamin B2: 0.19mg (11.25%), Folate: 44.62µg (11.16%), Calcium: 106.42mg (10.64%), Iron: 1.78mg (9.9%), Vitamin B6: 0.19mg (9.66%), Fiber: 1.85g (7.39%), Vitamin K: 7.66µg (7.29%), Magnesium: 25.98mg (6.49%), Potassium: 204.11mg (5.83%), Copper: 0.1mg (4.86%), Vitamin E: 0.68mg (4.54%), Vitamin A: 209.9IU (4.2%), Vitamin B5: 0.39mg (3.91%)