



Double-Meat Personal Pizzas

READY IN



25 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb ground beef 80% lean (at least)
- ☐ 6 oz mozzarella cheese shredded italian
- ☐ 0.3 teaspoon oregano dried
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.5 package pepperoni sliced ()
- ☐ 0.5 cup tomato sauce
- ☐ 13.8 oz pizza dough refrigerated canned

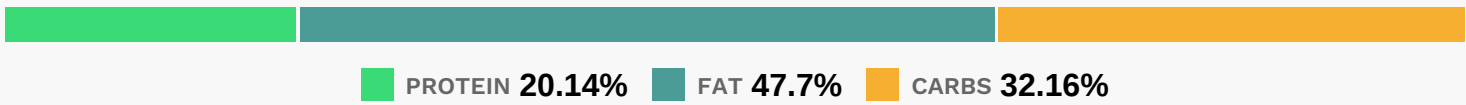
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400F. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Lightly spray large cookie sheet with cooking spray. Unroll dough on work surface.
- ☐ Cut dough into 4 equal pieces; place on cookie sheet. Press out each piece of dough to form 6x5-inch rectangle. With fingers, create slight rim on edge of each dough rectangle.
- ☐ Bake 8 minutes.
- ☐ Spread about 2 tablespoons pizza sauce just to rim of each crust; sprinkle with oregano. Top with pepperoni, beef and cheeses.
- ☐ Bake 8 to 10 minutes until cheese in center is melted.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:13.37434765567%

Nutrients (% of daily need)

Calories: 619.23kcal (30.96%), Fat: 32.83g (50.51%), Saturated Fat: 14.22g (88.86%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 47.84g (17.39%), Sugar: 7.6g (8.44%), Cholesterol: 93.12mg (31.04%), Sodium: 1479.17mg (64.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.2g (62.39%), Vitamin B12: 2.45µg (40.76%), Selenium: 21.91µg (31.3%), Phosphorus: 292.27mg (29.23%), Zinc: 4.22mg (28.14%), Calcium: 256.69mg (25.67%), Iron: 4.51mg (25.07%), Vitamin B3: 3.63mg (18.16%), Vitamin B2: 0.28mg (16.4%), Vitamin B6: 0.3mg (14.8%), Potassium: 330.83mg (9.45%), Vitamin A: 443.82IU (8.88%), Manganese: 0.16mg (8.22%), Fiber: 1.98g (7.92%), Magnesium: 27.12mg (6.78%), Vitamin B5: 0.66mg (6.57%), Vitamin E: 0.97mg (6.48%), Vitamin B1: 0.09mg (6.21%), Copper: 0.09mg (4.62%), Vitamin K: 4.7µg (4.47%), Vitamin D: 0.47µg (3.12%), Folate: 11.03µg (2.76%), Vitamin C: 2.15mg (2.6%)