



Easy Philly Cheesesteak Pizza

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups bell pepper frozen (from 1-pound bag)
- 2 tablespoons dijon mustard
- 8 ounces processed cheese food shredded
- 13.8 oz pizza dough refrigerated canned
- 8 ounces roast beef cooked thinly sliced

Equipment

- frying pan
- oven

pizza pan

Directions

Heat oven to 40

Grease 12-inch pizza pan with shortening or butter. Unroll dough; place in pan.

Bake 6 to 8 minutes or until crust begins to dry.

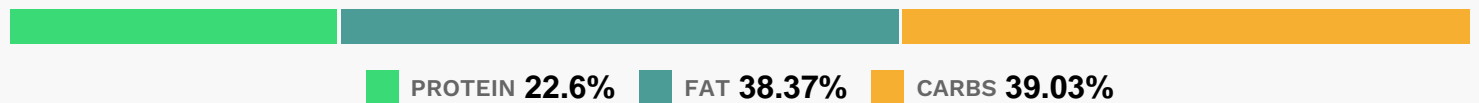
While crust is baking, spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook frozen bell pepper mixture in skillet 4 to 5 minutes, stirring frequently, until crisp-tender.

Spread Dijon-mayonnaise blend over partially baked crust. Top with roast beef, bell pepper mixture and cheese.

Bake 15 to 20 minutes longer or until crust is golden brown and cheese is melted.

Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:1.02, Inflammation Score:-8, Nutrition Score:17.089130287585%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 361.96kcal (18.1%), Fat: 15.68g (24.12%), Saturated Fat: 7.82g (48.89%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 33.64g (12.23%), Sugar: 7.05g (7.84%), Cholesterol: 59.35mg (19.78%), Sodium: 1728.92mg (75.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.78g (41.56%), Vitamin C: 80.6mg (97.7%), Calcium: 507.47mg (50.75%), Vitamin A: 1915.82IU (38.32%), Phosphorus: 333.56mg (33.36%), Vitamin B12: 1.21µg (20.16%), Iron: 3.09mg (17.14%), Selenium: 11.92µg (17.03%), Vitamin B3: 3.35mg (16.76%), Zinc: 2.46mg (16.41%), Vitamin B6: 0.32mg (15.98%), Vitamin B2: 0.18mg (10.62%), Fiber: 2.24g (8.94%), Potassium: 268.03mg (7.66%), Folate: 29.66µg (7.42%), Vitamin E: 1.1mg (7.36%), Magnesium: 26.13mg (6.53%), Manganese: 0.1mg (4.96%), Vitamin B5: 0.44mg (4.38%), Vitamin B1: 0.06mg (3.93%), Vitamin K: 3.49µg (3.33%), Copper: 0.06mg (2.8%), Vitamin D: 0.23µg (1.51%)