



Halloween Spiderweb Pizza

READY IN



35 min.

SERVINGS



12

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup alfredo sauce refrigerated (from 10-oz container)
- 0.3 cup olives ripe sliced
- 28 pepperoni (half of a 3.5-oz package)
- 8 oz tomato sauce canned
- 13.8 oz pizza dough refrigerated canned
- 8 oz mozzarella cheese shredded

Equipment

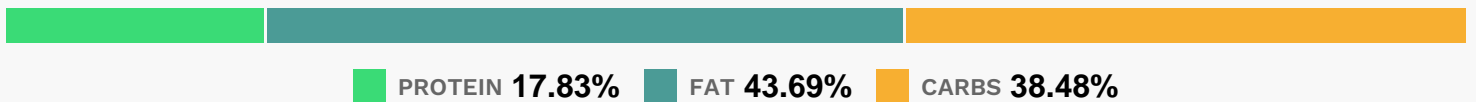
- oven

- knife
- pizza pan
- ziploc bags

Directions

- Heat oven to 400F. Spray 14-inch round pizza pan with cooking spray. Unroll dough on pizza pan; shape into a round to desired thickness.
- Bake 8 minutes. Arrange pepperoni and 3 tablespoons of the olives on crust to within 1 inch of edge.
- Sprinkle cheese over pepperoni and olives. Evenly pour pizza sauce over crust; gently spread to cover toppings.
- In small resealable food-storage plastic bag, place Alfredo sauce; seal bag.
- Cut off tiny corner of bag. Squeeze bag to drizzle Alfredo sauce in circles over pizza sauce, starting from outer edge continuously to the center. Pull knife through Alfredo sauce, starting from center to the outside edge, changing direction with every pull, to look like spider web.
- Sprinkle remaining 1 tablespoon olives on top to look like spiders.
- Bake 8 to 12 minutes longer or until crust is golden brown.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.45, Inflammation Score:-2, Nutrition Score:3.4986956275028%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 178.33kcal (8.92%), Fat: 8.73g (13.43%), Saturated Fat: 4.05g (25.32%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 16.44g (5.98%), Sugar: 2.99g (3.32%), Cholesterol: 22.85mg (7.62%), Sodium: 596.13mg (25.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Calcium: 100.44mg (10.04%), Vitamin B12: 0.49µg (8.19%), Phosphorus: 79.49mg (7.95%), Iron: 1.22mg (6.78%), Selenium: 4.7µg (6.72%), Zinc: 0.71mg (4.72%),

Vitamin B2: 0.08mg (4.59%), Vitamin A: 220.65IU (4.41%), Fiber: 0.87g (3.46%), Vitamin E: 0.46mg (3.09%),
Manganese: 0.05mg (2.68%), Potassium: 84.46mg (2.41%), Vitamin B3: 0.45mg (2.23%), Vitamin B6: 0.04mg
(2.16%), Magnesium: 7.76mg (1.94%), Vitamin C: 1.32mg (1.6%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.56%),
Vitamin B5: 0.14mg (1.41%), Vitamin K: 1.27µg (1.21%)