



## Hearty Pizza Loaf

 Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 serving parmesan cheese grated
- 1 cup milk
- 0.3 cup vegetable oil
- 2 teaspoons basil dried fresh chopped
- 0.3 teaspoon pepper red crushed
- 1 eggs
- 2.3 cups flour all-purpose
- 3 ounces mozzarella cheese shredded

- 0.3 cup pepperoni chopped
- 0.3 cup olives ripe sliced
- 2 tablespoons parmesan cheese grated
- 3 teaspoons double-acting baking powder

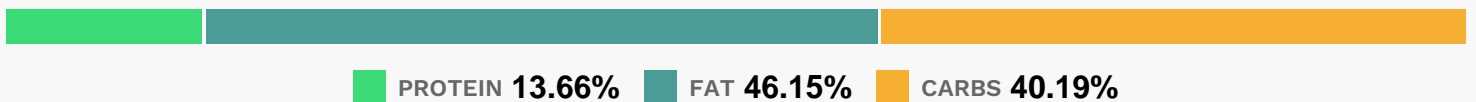
## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Heat oven to 350°F. Generously grease loaf pan, 8 1/2x4 1/2x2 1/2 or 9x5x3 inches; coat with Parmesan cheese.
- Mix milk, oil, basil, red pepper and egg in large bowl. Stir in remaining ingredients.
- Spread in pan.
- Sprinkle with additional grated Parmesan cheese if desired.
- Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes. Loosen sides and bottom of loaf from pan; remove from pan and place top side up on wire rack. Cool completely before slicing. Store tightly wrapped in refrigerator up to 2 days.

## Nutrition Facts



## Properties

Glycemic Index:260, Glycemic Load:163.26, Inflammation Score:-10, Nutrition Score:63.193913232535%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg

## Nutrients (% of daily need)

Calories: 2389.6kcal (119.48%), Fat: 122.21g (188.02%), Saturated Fat: 39.46g (246.6%), Carbohydrates: 239.42g (79.81%), Net Carbohydrates: 229.76g (83.55%), Sugar: 13.81g (15.35%), Cholesterol: 331.48mg (110.5%), Sodium: 3797.43mg (165.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.4g (162.8%), Selenium: 153.36µg (219.08%), Calcium: 1926.32mg (192.63%), Vitamin B1: 2.51mg (167.36%), Phosphorus: 1522.75mg (152.27%), Vitamin B2: 2.43mg (143.16%), Folate: 552.96µg (138.24%), Vitamin K: 142.04µg (135.28%), Manganese: 2.43mg (121.48%), Iron: 18.26mg (101.42%), Vitamin B3: 19.13mg (95.65%), Vitamin B12: 4.68µg (77.97%), Zinc: 8.85mg (59%), Vitamin E: 7.66mg (51.03%), Magnesium: 156.14mg (39.04%), Fiber: 9.66g (38.64%), Vitamin A: 1849.58IU (36.99%), Vitamin B5: 3.54mg (35.41%), Vitamin D: 4.59µg (30.63%), Potassium: 1048.03mg (29.94%), Vitamin B6: 0.6mg (29.77%), Copper: 0.59mg (29.37%)