



## Igor's Pizza Bar

READY IN



60 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings bell pepper chopped
- 16.3 oz biscuits refrigerated canned
- 8 servings finely-chopped ham diced cooked
- 8 servings mushrooms sliced
- 8 servings olives sliced
- 8 servings pasta sauce
- 8 servings pepperoni sliced
- 8 servings pizza cheese shredded
- 8 servings tomatoes chopped

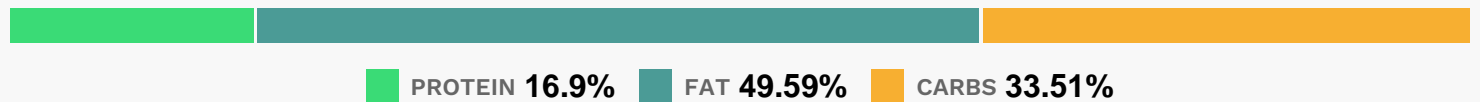
## Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 375F. Spray large cookie sheet with nonstick cooking spray. Separate dough into 8 biscuits. With fingers, press each biscuit into 5-inch round.
- Place 1 inch apart on sprayed cookie sheet.
- Bake at 375F. for 11 to 15 minutes or until golden brown.
- Serve warm biscuit crusts with separate bowls of individually labeled toppings.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:22.7, Inflammation Score:-10, Nutrition Score:34.280434380407%

## Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 548.99kcal (27.45%), Fat: 31.03g (47.73%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 40.2g (14.62%), Sugar: 14.36g (15.96%), Cholesterol: 68.82mg (22.94%), Sodium: 2539.9mg (110.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.57%), Vitamin C: 141.66mg (171.71%), Vitamin A: 4442.18IU (88.84%), Phosphorus: 553.44mg (55.34%), Vitamin B1: 0.76mg (50.7%), Selenium: 31.15µg (44.5%), Vitamin B3: 8.42mg (42.1%), Manganese: 0.84mg (41.98%), Vitamin E: 5.73mg (38.17%), Vitamin B6: 0.76mg (38%), Potassium: 1322.67mg (37.79%), Vitamin B2: 0.56mg (32.73%), Folate: 116.58µg (29.14%), Fiber: 6.98g (27.93%), Iron: 4.84mg (26.89%), Vitamin K: 25.57µg (24.35%), Copper: 0.42mg (21.21%), Vitamin B12: 1.23µg (20.58%), Zinc: 2.98mg (19.89%), Magnesium: 76.02mg (19.01%), Vitamin B5: 1.79mg (17.88%), Calcium: 89.78mg (8.98%), Vitamin D: 0.37µg (2.44%)