



Individual Pizzas

READY IN



30 min.

SERVINGS



8

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 ounces canadian bacon cut into sixths
- 2 teaspoons pepper red crushed
- 1 tablespoon olive oil
- 0.5 cup olives black sliced canned
- 1 cup parmesan grated
- 8 ounces part-skim mozzarella cheese shredded
- 4 ounces pepperoni sliced
- 8.5 oz pineapple chunks sliced in half canned
- 16 oz tomato sauce

- 0.5 small onion red sliced
- 27.6 oz pizza dough refrigerated

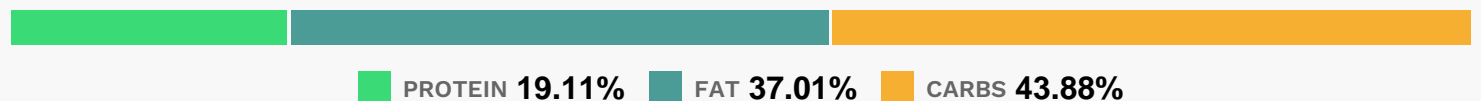
Equipment

- baking sheet
- oven
- tart form

Directions

- Preheat oven to 400F and brush 2 baking sheets with oil.
- Remove pizza dough from 1 package and flatten on a baking sheet. Using a 6-inch round stencil or base of a tart pan, cut out 3 (6-inch) rounds. Gather excess dough and roll out on oiled surface to make another 6-inch round; place on baking sheet with others. Repeat procedure with second pizza- dough package and baking sheet.
- Spread 1 1/2 to 2 Tbsp. pizza sauce evenly on each pizza, leaving a 1/2-inch border. Top with about 1/4 cup mozzarella cheese per pizza. Distribute toppings over pizzas in any combination, and sprinkle with Parmesan and, if desired, crushed red pepper.
- Bake pizzas until the crust is golden brown and cheese is melted, about 15 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:12.103913089503%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 513.29kcal (25.66%), Fat: 21.4g (32.92%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 57.1g (19.03%), Net Carbohydrates: 53.82g (19.57%), Sugar: 13.17g (14.63%), Cholesterol: 45.71mg (15.24%), Sodium: 1812.13mg (78.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.71%), Calcium: 393.63mg (39.36%), Phosphorus: 287.49mg (28.75%), Iron: 3.85mg (21.37%), Selenium: 14.34µg (20.48%), Vitamin B2: 0.23mg (13.67%), Vitamin A: 676.1IU (13.52%), Fiber: 3.28g (13.11%), Vitamin E: 1.82mg (12.16%), Zinc: 1.81mg (12.08%), Vitamin B1: 0.18mg (11.92%), Vitamin B6: 0.22mg (11.17%), Vitamin B3: 2.17mg (10.83%), Vitamin B12: 0.64µg (10.63%), Potassium: 339.82mg (9.71%), Vitamin C: 7.31mg (8.86%), Manganese: 0.17mg (8.51%), Magnesium: 31.76mg (7.94%), Copper: 0.14mg (7.2%), Vitamin B5: 0.49mg (4.92%), Vitamin K: 5.01µg (4.78%), Vitamin D: 0.63µg (4.2%), Folate: 12.87µg (3.22%)