



Lumpy Pan Pizza

READY IN



38 min.

SERVINGS



1

CALORIES



3271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounces grands flaky refrigerator biscuits refrigerated canned
- ☐ 16 slices pepperoni ()
- ☐ 8 ounces tomato sauce canned
- ☐ 8 ounces mozzarella cheese shredded finely

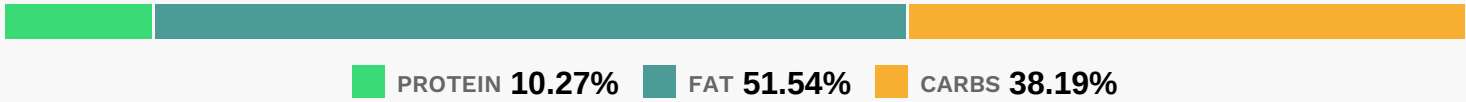
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Separate biscuit dough into 8 biscuits.
- ☐ Cut each biscuit into 8 pieces; place in medium bowl.
- ☐ Add pizza sauce and 1 cup of the cheese; toss to coat.
- ☐ Spread mixture in ungreased 9­inch square (2­quart) glass baking dish. Top with pepperoni and remaining 1 cup cheese.
- ☐ Bake 22 to 28 minutes or until golden brown and bubbly.

Nutrition Facts



Properties

Glycemic Index:164, Glycemic Load:190.17, Inflammation Score:-10, Nutrition Score:65.934347981992%

Nutrients (% of daily need)

Calories: 3271.28kcal (163.56%), Fat: 187.25g (288.08%), Saturated Fat: 73.02g (456.34%), Carbohydrates: 312.21g (104.07%), Net Carbohydrates: 302.8g (110.11%), Sugar: 110.22g (122.47%), Cholesterol: 210.21mg (70.07%), Sodium: 4633.83mg (201.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.96g (167.92%), Vitamin B2: 2.32mg (136.62%), Calcium: 1243.22mg (124.32%), Manganese: 2.48mg (123.94%), Vitamin B1: 1.84mg (122.69%), Phosphorus: 1219.64mg (121.96%), Selenium: 77.85µg (111.21%), Folate: 412.19µg (103.05%), Vitamin E: 15.3mg (102.01%), Iron: 17.37mg (96.51%), Vitamin B3: 19.24mg (96.19%), Vitamin B12: 5.59µg (93.12%), Zinc: 10.17mg (67.78%), Vitamin K: 64.25µg (61.19%), Vitamin A: 2912.57IU (58.25%), Potassium: 1340.28mg (38.29%), Fiber: 9.41g (37.64%), Vitamin B6: 0.75mg (37.51%), Magnesium: 149.83mg (37.46%), Copper: 0.73mg (36.54%), Vitamin B5: 2.79mg (27.95%), Vitamin C: 15.88mg (19.24%), Vitamin D: 1.32µg (8.82%)