



Make-Your-Own Mini Pizzas

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 servings artichoke hearts dry sliced
- 15 servings olives green black pitted
- 15 servings broccoli florets frozen dry thawed chopped
- 1.5 cups tomatoes
- 15 servings marinated mushrooms sliced
- 2 pounds pizza dough frozen thawed
- 15 servings roasted and bell peppers red yellow dry jarred sliced
- 3 cups mozzarella cheese shredded

15 servings turkey pepperoni

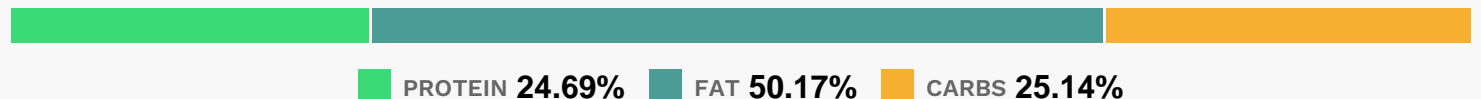
Equipment

- bowl
- baking sheet
- oven
- plastic wrap

Directions

- Preheat oven to 425F. Line 2 rimmed baking sheets with parchment.
- Divide dough into 10 equal pieces and roll each into a ball.
- Place balls on a lightly floured countertop and loosely cover with plastic wrap.
- Let stand until dough is room temperature and easy to shape, 15 minutes to 1 hour.
- Place sauce, cheese, pepperoni, olives, mushrooms, artichoke hearts, peppers and broccoli in bowls with spoons or forks.
- Sprinkle a work surface with flour.
- Let each party guest press and stretch a ball of dough into a 5-inch circle and top with sauce, cheese, pepperoni and vegetables as desired.
- Carefully transfer pizzas to baking sheets. Write each guest's name next to his pizza (don't let pizzas touch ink).
- Bake 1 sheet at a time until crusts are golden and cheese is bubbling, for 15 to 18 minutes.
- Let cool on baking sheets for 10 minutes. Repeat with second sheet.
- Serve.

Nutrition Facts



Properties

Glycemic Index:6.93, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:10.905217383219%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.1kcal (16.91%), Fat: 19.03g (29.28%), Saturated Fat: 7.06g (44.11%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 19.05g (6.93%), Sugar: 3.39g (3.77%), Cholesterol: 63.06mg (21.02%), Sodium: 1415.64mg (61.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.07g (42.15%), Selenium: 17.17µg (24.52%), Calcium: 243.89mg (24.39%), Phosphorus: 195.83mg (19.58%), Zinc: 2.81mg (18.73%), Vitamin B12: 0.98µg (16.37%), Iron: 2.63mg (14.61%), Vitamin B2: 0.24mg (14.01%), Copper: 0.25mg (12.69%), Vitamin E: 1.78mg (11.84%), Vitamin A: 569.08IU (11.38%), Manganese: 0.21mg (10.63%), Vitamin B1: 0.15mg (9.69%), Fiber: 2.41g (9.65%), Potassium: 329.44mg (9.41%), Magnesium: 36.89mg (9.22%), Vitamin B3: 1.65mg (8.27%), Folate: 29.34µg (7.34%), Vitamin K: 6.49µg (6.18%), Vitamin B6: 0.09mg (4.61%), Vitamin C: 3.8mg (4.6%), Vitamin B5: 0.25mg (2.5%)