



## Meaty Pizza Pie

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 slices pepperoni
- 15 ounce piecrusts refrigerated
- 4 ounces mozzarella cheese shredded
- 2 cups spaghetti meat sauce

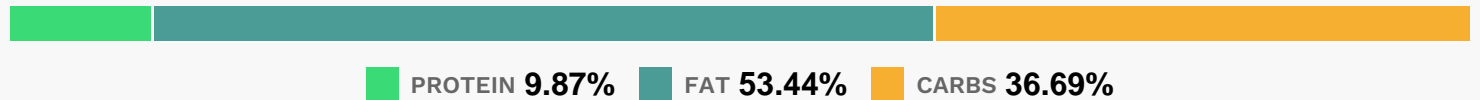
### Equipment

- baking sheet
- oven

## Directions

- Unfold piecrusts; stack piecrusts, and press together.
- Place piecrust on a parchment-lined baking sheet; spread spaghetti meat sauce evenly over crust, leaving a 1-inch border; top with pepperoni slices. Fold crust edges slightly over filling.
- Bake on lower rack at 425 for 15 minutes.
- Sprinkle with cheese, and bake 15 more minutes or until bubbly and golden.
- Cool 5 minutes.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:15.58391294272%

## Nutrients (% of daily need)

Calories: 640.61kcal (32.03%), Fat: 38.12g (58.65%), Saturated Fat: 13.87g (86.68%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 54.41g (19.79%), Sugar: 4.65g (5.17%), Cholesterol: 30.16mg (10.05%), Sodium: 1319.61mg (57.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.84g (31.68%), Manganese: 0.66mg (32.85%), Vitamin B1: 0.35mg (23.46%), Iron: 4.17mg (23.17%), Vitamin B3: 4.51mg (22.57%), Phosphorus: 222.62mg (22.26%), Folate: 87.83µg (21.96%), Vitamin B2: 0.36mg (21.24%), Selenium: 13.93µg (19.91%), Calcium: 182.03mg (18.2%), Fiber: 4.5g (17.98%), Vitamin E: 2.39mg (15.93%), Potassium: 510.41mg (14.58%), Vitamin A: 723.13IU (14.46%), Vitamin B12: 0.75µg (12.51%), Zinc: 1.77mg (11.81%), Vitamin K: 12.31µg (11.72%), Copper: 0.23mg (11.55%), Vitamin B6: 0.21mg (10.63%), Vitamin C: 8.57mg (10.39%), Magnesium: 41.43mg (10.36%), Vitamin B5: 0.94mg (9.44%), Vitamin D: 0.22µg (1.45%)