



Mini Roast Beef Pizza

READY IN



25 min.

SERVINGS



2

CALORIES



3976 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper green thin
- 0.5 cup onion sliced
- 12 inch uncook pizza crust italian
- 2 oz pan drippings from roast beef preferably cooked thinly sliced cut into strips (from deli)
- 2.7 oz swiss cheese shredded
- 1 tablespoon vegetable oil

Equipment

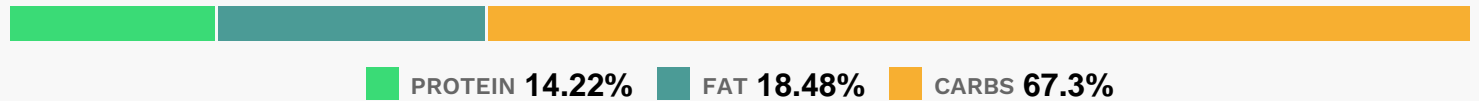
- frying pan

- baking sheet
- oven

Directions

- Heat oven to 400°F. In 8-inch skillet, heat oil over medium-high heat.
- Add bell pepper and onion; cook 3 to 4 minutes, stirring frequently, until crisp-tender.
- Remove from heat. Stir in roast beef.
- Place pizza crusts on ungreased cookie sheet. Divide roast beef mixture evenly onto crusts.
- Sprinkle with cheese.
- Bake 8 to 10 minutes or until cheese is melted and crust is hot.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:28.994347696719%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg, Quercetin: 8.29mg

Nutrients (% of daily need)

Calories: 3976.14kcal (198.81%), Fat: 81.34g (125.13%), Saturated Fat: 39.1g (244.37%), Carbohydrates: 666.25g (222.08%), Net Carbohydrates: 643.53g (234.01%), Sugar: 25.3g (28.1%), Cholesterol: 51.31mg (17.1%), Sodium: 7692.04mg (334.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 140.8g (281.59%), Iron: 37.93mg (210.74%), Calcium: 1662.81mg (166.28%), Vitamin C: 111.08mg (134.64%), Fiber: 22.72g (90.88%), Vitamin A: 2647.13IU (52.94%), Phosphorus: 302.65mg (30.27%), Vitamin B12: 1.62µg (27.06%), Vitamin B6: 0.4mg (20.23%), Zinc: 2.93mg (19.53%), Selenium: 13.55µg (19.36%), Vitamin K: 16.84µg (16.04%), Vitamin B3: 2.9mg (14.52%), Vitamin B2: 0.22mg (13.15%), Vitamin E: 1.97mg (13.12%), Folate: 47.85µg (11.96%), Potassium: 321.81mg (9.19%), Magnesium: 31.37mg (7.84%), Manganese: 0.14mg (7.12%), Vitamin B5: 0.53mg (5.33%), Vitamin B1: 0.08mg (5.04%), Copper: 0.07mg (3.29%)