



## Parmesan Pizza Crust

READY IN



30 min.

SERVINGS



6

CALORIES



231 kcal

CRUST

### Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 2 oz parmesan shredded
- ☐ 1 can pizza dough refrigerated

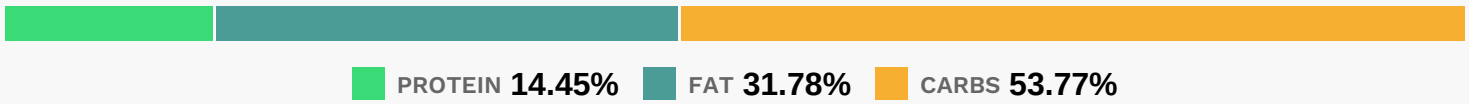
### Equipment

- ☐ baking sheet
- ☐ oven

### Directions

- ☐
- Heat oven to 400F. Grease large dark or nonstick cookie sheet with shortening or cooking spray. Unroll dough on cookie sheet. Press out dough to 15x10-inch rectangle.
- ☐
- Spread butter over dough; sprinkle Parmesan cheese evenly over butter.
- ☐
- Bake 7 minutes; remove from oven.
- ☐
- Top partially baked crust with your favorite pizza toppings.
- ☐
- Bake 7 to 9 minutes or until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.1500000098477%

Nutrients (% of daily need)

Calories: 230.81kcal (11.54%), Fat: 8.25g (12.69%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 30.41g (11.06%), Sugar: 4.12g (4.58%), Cholesterol: 16.46mg (5.49%), Sodium: 652.55mg (28.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.87%), Calcium: 113.01mg (11.3%), Iron: 1.84mg (10.21%), Phosphorus: 66.7mg (6.67%), Fiber: 0.98g (3.91%), Vitamin A: 190.42IU (3.81%), Selenium: 2.17µg (3.1%), Vitamin B12: 0.12µg (2.02%), Vitamin B2: 0.03mg (1.94%), Zinc: 0.26mg (1.76%), Magnesium: 4.25mg (1.06%)