



Pepperoni, Onion, and Olive Pizza

READY IN



35 min.

SERVINGS



6

CALORIES



281 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces preshredded 4-cheese italian-blend cheese reduced-fat
- ☐ 0.5 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 10 niçoise olives pitted halved lengthwise
- ☐ 1 ounce pepperoni (18 slices)
- ☐ 1 pound pizza dough fresh refrigerated
- ☐ 0.5 cup onion sweet thinly sliced
- ☐ 1 tablespoon cornmeal yellow

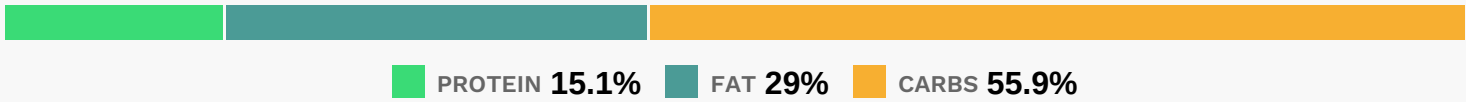
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place dough in a bowl coated with cooking spray; let dough stand, covered, for 15 minutes.
- ☐ Sprinkle a baking sheet with cornmeal; roll dough into a 12-inch circle on prepared baking sheet.
- ☐ Spread sauce evenly over dough, leaving a 1/2-inch border. Top with onion, pepperoni, and olives; sprinkle with cheese.
- ☐ Bake at 450 on bottom oven rack for 17 minutes or until crust is golden.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:2.8443478125593%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 280.52kcal (14.03%), Fat: 9.26g (14.25%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 40.17g (13.39%), Net Carbohydrates: 38.24g (13.9%), Sugar: 6.15g (6.83%), Cholesterol: 7.42mg (2.47%), Sodium: 850.07mg (36.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.71%), Iron: 2.42mg (13.43%), Fiber: 1.94g (7.75%), Vitamin E: 0.61mg (4.04%), Calcium: 38.34mg (3.83%), Manganese: 0.07mg (3.54%), Vitamin B6: 0.07mg (3.32%), Potassium: 97.62mg (2.79%), Vitamin B3: 0.51mg (2.56%), Vitamin C: 2.07mg (2.51%), Selenium: 1.72µg (2.46%), Copper: 0.05mg (2.36%), Vitamin A: 114.74IU (2.29%), Phosphorus: 20.59mg (2.06%), Vitamin B1: 0.03mg (1.97%), Magnesium: 7.63mg (1.91%), Vitamin B2: 0.03mg (1.77%), Zinc: 0.23mg (1.55%), Folate: 5.91µg (1.48%), Vitamin B5: 0.14mg (1.43%), Vitamin B12: 0.06µg (1.02%)