

Pepperoni Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces cremini mushrooms thinly sliced
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese fresh grated
- ☐ 6 ounces part-skim mozzarella cheese shredded
- ☐ 6 servings basic pizza dough
- ☐ 6 servings basic pizza sauce
- ☐ 2 ounces turkey pepperoni sliced (such as Hormel)

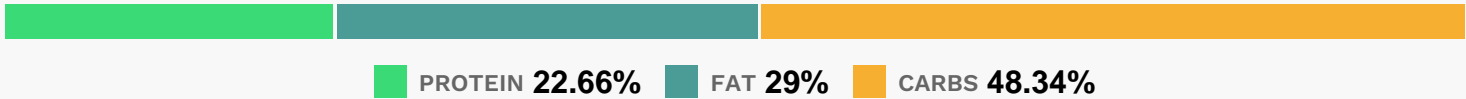
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Position one oven rack in the middle setting. Position another rack in the lowest setting, and place a rimless baking sheet on the bottom rack. Preheat oven to 500
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sliced mushrooms to pan, and saut for 5 minutes or until moisture evaporates.
- ☐ Remove plastic wrap from Basic Pizza Dough; discard.
- ☐ Brush oil over dough.
- ☐ Remove preheated baking sheet from oven; close oven door. Slide dough onto preheated baking sheet, using a spatula as a guide.
- ☐ Bake on lowest oven rack at 500 for 8 minutes.
- ☐ Remove from oven.
- ☐ Spread Basic Pizza Sauce in an even layer over crust, leaving a 1/4-inch border. Top sauce with mushrooms.
- ☐ Sprinkle mushrooms evenly with mozzarella and Parmesan. Arrange pepperoni in an even layer on top of cheese.
- ☐ Bake on middle rack an additional 10 minutes or until crust is golden brown and cheese melts.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:2.11, Inflammation Score:-5, Nutrition Score:10.444782609525%

Nutrients (% of daily need)

Calories: 287.07kcal (14.35%), Fat: 9.52g (14.64%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 32.9g (11.96%), Sugar: 8.55g (9.5%), Cholesterol: 30.9mg (10.3%), Sodium: 1371.68mg (59.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.47%), Calcium: 264.45mg (26.44%), Phosphorus: 198.58mg (19.86%), Iron: 3.13mg (17.38%), Vitamin B2: 0.26mg (15.51%), Potassium: 516.29mg (14.75%), Selenium: 10.11µg (14.44%), Vitamin A: 684.43IU (13.69%), Vitamin E: 2mg (13.34%), Copper: 0.26mg (13.09%), Zinc: 1.71mg (11.41%), Fiber: 2.81g (11.22%), Vitamin C: 8.57mg (10.39%), Vitamin B3: 1.97mg (9.83%), Vitamin B6: 0.16mg (8.11%), Manganese: 0.16mg (8.05%), Magnesium: 31.2mg (7.8%), Vitamin B5: 0.69mg (6.92%), Folate: 18.8µg (4.7%), Vitamin B12: 0.27µg (4.52%), Vitamin K: 4.71µg (4.49%), Vitamin B1: 0.05mg (3.54%)