



## Pepperoni Pizza

READY IN



17 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 oz part-skim mozzarella cheese
- ☐ 10 oz prebaked pizza crust whole wheat italian thin
- ☐ 1 cup tomato-and-basil pasta sauce
- ☐ 0.3 cup turkey pepperoni ( 24)

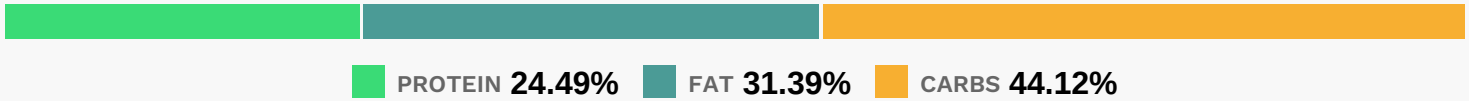
## Equipment

- ☐ oven

## Directions

- ☐ Spoon tomato-and-basil pasta sauce evenly over crust, leaving a 1-inch border around edges. Top with half of pepperoni slices.
- ☐ Sprinkle with cheese. Top with remaining pepperoni.
- ☐ Bake pizza at 450 directly on oven rack 11 to 12 minutes or until crust is golden and cheese is melted.
- ☐ Cut into 6 slices.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Boboli 100% Whole Wheat Thin Pizza Crust and Classico Tomato & Basil Pasta Sauce.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.2030434809301%

## Nutrients (% of daily need)

Calories: 239.82kcal (11.99%), Fat: 8.29g (12.76%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 24.85g (9.04%), Sugar: 2.53g (2.82%), Cholesterol: 30.27mg (10.09%), Sodium: 687.54mg (29.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Calcium: 273.87mg (27.39%), Phosphorus: 131.26mg (13.13%), Iron: 1.73mg (9.64%), Zinc: 1.21mg (8.04%), Selenium: 4.08µg (5.83%), Fiber: 1.38g (5.52%), Vitamin A: 266.19IU (5.32%), Vitamin B2: 0.09mg (5.05%), Vitamin B12: 0.23µg (3.87%), Potassium: 134.74mg (3.85%), Magnesium: 10.56mg (2.64%), Copper: 0.03mg (1.34%), Vitamin C: 1mg (1.21%)