



Pepperoni Pizza

READY IN



17 min.

SERVINGS



17

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz oscar mayer pepperoni
- 1 ready-to-use baked pizza crust
- 0.5 cup classico pizza sauce traditional
- 1.5 cups mozzarella cheese shredded kraft

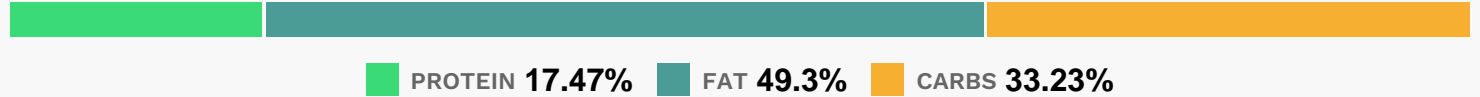
Equipment

- baking sheet
- oven

Directions

- Heat oven to 450F.
- Place pizza crust on baking sheet; spread with pizza sauce.
- Top with cheese and pepperoni.
- Bake 10 to 12 min. or until cheese is melted and crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.6873913161133%

Nutrients (% of daily need)

Calories: 145.33kcal (7.27%), Fat: 7.92g (12.19%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 11.55g (4.2%), Sugar: 0.71g (0.79%), Cholesterol: 17.51mg (5.84%), Sodium: 377.74mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.63%), Calcium: 73.99mg (7.4%), Selenium: 4.62µg (6.61%), Vitamin B12: 0.36µg (5.92%), Phosphorus: 52.74mg (5.27%), Iron: 0.88mg (4.89%), Zinc: 0.55mg (3.66%), Manganese: 0.07mg (3.51%), Vitamin B2: 0.06mg (3.43%), Vitamin B3: 0.58mg (2.9%), Vitamin B6: 0.05mg (2.35%), Vitamin B1: 0.03mg (2.12%), Vitamin A: 98.01IU (1.96%), Fiber: 0.46g (1.84%), Potassium: 56.33mg (1.61%), Vitamin B5: 0.15mg (1.55%), Vitamin E: 0.23mg (1.5%), Magnesium: 4.86mg (1.21%), Vitamin D: 0.17µg (1.13%)