



Pepperoni Pizza Pocket

READY IN



50 min.

SERVINGS



4

CALORIES



1098 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced canned
- 4 leaves basil fresh
- 1 clove garlic minced
- 1 tablespoon olive oil plus more for brushing
- 0.5 small onion diced
- 4 servings parmesan grated to taste
- 12 ounces pepperoni thinly sliced
- 1 pound pizza dough divided
- 4 servings salt and freshly cracked pepper black

- 0.5 teaspoon sugar
- 1 tablespoon tomato paste
- 2 cups milk mozzarella shredded whole

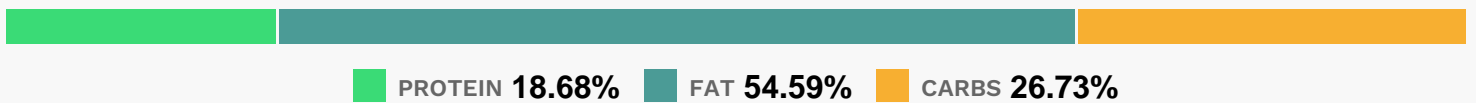
Equipment

- baking sheet
- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Heat the olive oil in a small saucepot over medium-low heat.
- Add the onions and saute until translucent, 2 to 3 minutes.
- Add in the garlic and saute for 1 minute.
- Add in the tomato paste and saute for 1 more minute. Stir in the diced tomatoes, sugar and season with salt and pepper.
- Add the torn basil leaves and bring to a slow simmer. Allow to simmer for about 15 minutes while you make your pizza pocket.
- Roll out the dough balls on a lightly floured surface into 4 equal rounds. On half of each round, layer some mozzarella, and then some pepperoni slices. Fold in half, covering the filling, and then fold the outer edges up and crimp the edges with your fingers to seal.
- Place the pockets on a baking sheet, brush with olive oil and sprinkle with grated Parmesan.
- Bake until golden, 10 to 15 minutes.
- Serve with the sauce on the side.

Nutrition Facts



Properties

Glycemic Index:90.52, Glycemic Load:5.81, Inflammation Score:-7, Nutrition Score:31.388695675394%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 1097.58kcal (54.88%), Fat: 67.25g (103.46%), Saturated Fat: 28.79g (179.91%), Carbohydrates: 74.09g (24.7%), Net Carbohydrates: 68.28g (24.83%), Sugar: 17.95g (19.94%), Cholesterol: 147.14mg (49.05%), Sodium: 3483.27mg (151.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.79g (103.58%), Calcium: 727.49mg (72.75%), Phosphorus: 611.6mg (61.16%), Selenium: 42.49µg (60.7%), Manganese: 0.93mg (46.71%), Vitamin B12: 2.74µg (45.71%), Iron: 7.45mg (41.4%), Vitamin B3: 6.95mg (34.76%), Vitamin B2: 0.59mg (34.68%), Zinc: 5.12mg (34.16%), Vitamin B6: 0.68mg (34.14%), Vitamin E: 4.21mg (28.08%), Vitamin B1: 0.42mg (27.73%), Potassium: 942.54mg (26.93%), Vitamin C: 20.1mg (24.37%), Copper: 0.48mg (23.93%), Fiber: 5.81g (23.23%), Vitamin A: 1127.14IU (22.54%), Vitamin K: 21.93µg (20.89%), Magnesium: 82.47mg (20.62%), Vitamin B5: 1.79mg (17.95%), Vitamin D: 1.48µg (9.86%), Folate: 38.58µg (9.64%)