



Pepperoni Pizza-Topped Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds baking potatoes
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1 cup bell pepper diced green
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion chopped
- ☐ 4 ounces preshredded part-skim mozzarella cheese
- ☐ 0.7 cup bottled pizza sauce

- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup turkey pepperoni cut in half (2 ounces)
- ☐ 0.3 cup water

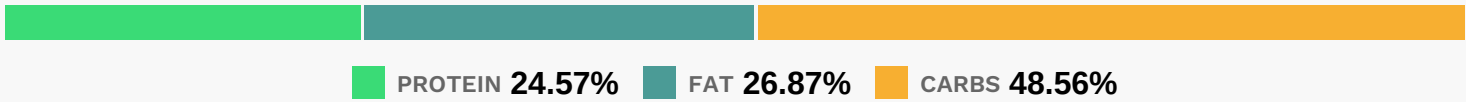
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Pierce the potatoes with a fork, and arrange in a circle on paper towels in microwave oven. Microwave at high for 16 minutes or until done, rearranging potatoes after 8 minutes.
- ☐ Let stand 5 minutes.
- ☐ While the potatoes cook, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, bell pepper, and garlic; stir-fry 5 minutes.
- ☐ Add pizza sauce, pepperoni, and red pepper; reduce heat, and simmer 3 minutes. Stir in tomato and water; simmer 3 minutes.
- ☐ Split potatoes open with fork; fluff pulp. Spoon pepperoni mixture evenly over potatoes. Top with cheese.

Nutrition Facts



Properties

Glycemic Index:58.69, Glycemic Load:26.31, Inflammation Score:-8, Nutrition Score:18.042608792367%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg, Luteolin: 1.76mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg

Myricetin: 0.08mg Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg, Quercetin: 9.18mg

Nutrients (% of daily need)

Calories: 338.1kcal (16.9%), Fat: 10.38g (15.97%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 42.2g (14.07%), Net Carbohydrates: 37.54g (13.65%), Sugar: 6.42g (7.13%), Cholesterol: 54.52mg (18.17%), Sodium: 934.64mg (40.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.71%), Vitamin C: 50.96mg (61.77%), Vitamin B6: 0.83mg (41.3%), Potassium: 1206.52mg (34.47%), Calcium: 277mg (27.7%), Phosphorus: 266.11mg (26.61%), Manganese: 0.48mg (23.81%), Magnesium: 76.36mg (19.09%), Zinc: 2.84mg (18.92%), Fiber: 4.65g (18.62%), Copper: 0.36mg (17.9%), Iron: 3.08mg (17.12%), Vitamin A: 815.45IU (16.31%), Vitamin B1: 0.21mg (14.04%), Vitamin B3: 2.66mg (13.32%), Folate: 48.21µg (12.05%), Vitamin B2: 0.2mg (11.73%), Vitamin K: 11.88µg (11.31%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.79mg (7.88%), Selenium: 5.41µg (7.73%), Vitamin B12: 0.23µg (3.87%)