



## Personal Pizzas

READY IN



45 min.

SERVINGS



1

CALORIES



2270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons tablespoon herbs dried fresh such as basil or oregano, optional chopped
- ☐ 1 cup mozzarella cheese shredded low-fat
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup pepperoni cooked thinly sliced sliced
- ☐ 20 ounce pizza dough prepared
- ☐ 0.5 cup lightly vegetables green such as pepper, onion, or broccoli, optional steamed chopped
- ☐ 1 cup tomato sauce

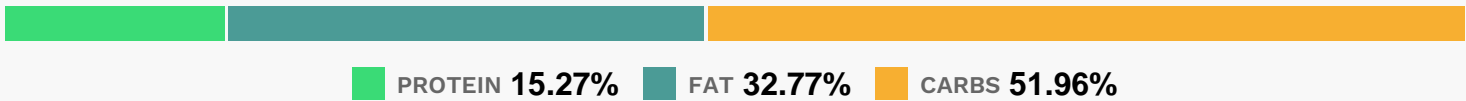
## Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pastry brush

## Directions

- ☐ Lightly flour a work surface and roll out each ball of pizza dough until about 12 inches in diameter. Use a round cutter about 2 1/2 inches wide, like a biscuit cutter or water glass, to cut out 12 dough rounds. (You may need to combine dough scraps and re-roll them out to make enough circles.)
- ☐ Roll out each circle until about 3 1/2 inches in diameter and 1/4-inch thick and place on a cookie sheet. (Dough circles can be prepared a day ahead of time; cover and refrigerate until ready to bake.)
- ☐ Preheat oven to 35
- ☐ Using the back of a spoon or a pastry brush, lightly coat each round of pizza dough with oil. Top with tomato sauce and sprinkle on desired topping(s).
- ☐ Sprinkle with cheese and bake on middle shelf of oven for 12 minutes, or until cheese is bubbling and crust is golden.
- ☐ \*Available at grocery stores, specialty-food shops, and pizza parlors.
- ☐ Roll out the dough, "paint" on the oil, and select and spoon on the toppings.

## Nutrition Facts



## Properties

Glycemic Index:188, Glycemic Load:8.29, Inflammation Score:-10, Nutrition Score:41.819130524345%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 2270.18kcal (113.51%), Fat: 83.96g (129.17%), Saturated Fat: 28.88g (180.53%), Carbohydrates: 299.62g (99.87%), Net Carbohydrates: 283.73g (103.18%), Sugar: 45.16g (50.18%), Cholesterol: 127.13mg (42.38%), Sodium: 6896.16mg (299.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.02g (176.03%), Vitamin A: 6436.36IU

(128.73%), Iron: 19.77mg (109.83%), Calcium: 958.73mg (95.87%), Phosphorus: 734.54mg (73.45%), Fiber: 15.88g (63.54%), Selenium: 34.5µg (49.29%), Vitamin E: 7.32mg (48.83%), Manganese: 0.88mg (43.88%), Vitamin B2: 0.73mg (42.78%), Vitamin K: 41.19µg (39.23%), Zinc: 5.48mg (36.52%), Potassium: 1182.31mg (33.78%), Vitamin C: 27.33mg (33.13%), Vitamin B3: 6.54mg (32.71%), Vitamin B6: 0.62mg (30.86%), Vitamin B12: 1.66µg (27.68%), Magnesium: 97.31mg (24.33%), Copper: 0.46mg (23.07%), Vitamin B1: 0.34mg (22.98%), Vitamin B5: 1.67mg (16.71%), Folate: 64.15µg (16.04%), Vitamin D: 1.07µg (7.16%)