



Philly Cheese Steak Pizza from Pillsbury®

READY IN



25 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 small bell pepper green cut into thin strips
- ☐ 1 medium onion halved thinly sliced
- ☐ 3 plum tomatoes sliced (Roma)
- ☐ 13.8 ounce classic pizza crust refrigerated pillsbury®
- ☐ 0.5 pound pan drippings from roast beef preferably diced cooked (from deli)
- ☐ 2 cups cheddar cheese shredded finely

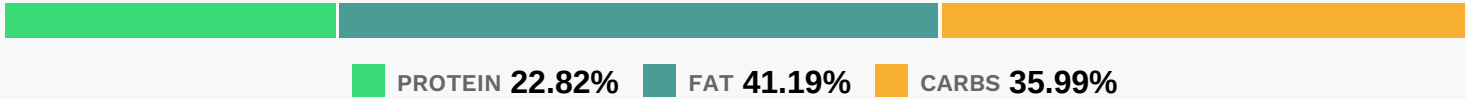
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 425 degrees F. Grease 12-inch pizza pan with shortening. Unroll dough; place in pan. Starting at center, press out dough to edge of pan, forming 1/2-inch rim.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Meanwhile, in 8-inch skillet, melt butter over medium-high heat.
- ☐ Add bell pepper and onion; cook 3 to 5 minutes, stirring occasionally, until tender.
- ☐ Sprinkle 1 cup of the cheese evenly over partially baked crust. Top with bell pepper mixture, beef, remaining 1 cup cheese and the tomato slices (be sure beef is completely covered with cheese).
- ☐ Bake 12 to 18 minutes longer or until crust is deep golden brown.
- ☐ Cut into wedges to serve

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:12.25086942963%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 391.6kcal (19.58%), Fat: 18.13g (27.89%), Saturated Fat: 8.6g (53.76%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 33.77g (12.28%), Sugar: 6.06g (6.73%), Cholesterol: 59.21mg (19.74%), Sodium: 1311.3mg (57.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin C: 32.53mg (39.44%), Calcium: 381.39mg (38.14%), Phosphorus: 261.23mg (26.12%), Zinc: 2.85mg (18.98%), Selenium: 13.28µg (18.98%), Vitamin

B12: 1.04µg (17.4%), Vitamin B3: 3.09mg (15.47%), Iron: 2.78mg (15.44%), Vitamin A: 765.11IU (15.3%), Vitamin B2: 0.23mg (13.4%), Vitamin B6: 0.25mg (12.59%), Fiber: 1.87g (7.49%), Potassium: 257.64mg (7.36%), Magnesium: 24.65mg (6.16%), Folate: 20.74µg (5.18%), Manganese: 0.09mg (4.25%), Vitamin K: 4.34µg (4.13%), Vitamin E: 0.57mg (3.81%), Vitamin B1: 0.06mg (3.67%), Copper: 0.07mg (3.62%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.23µg (1.51%)