



Philly Cheese Steak Pizza from Pillsbury® Pizza Crust

READY IN



50 min.

SERVINGS



6

CALORIES



401 kcal

CRUST

Ingredients

- 0.8 cup bell pepper green sliced
- 2 teaspoons olive oil
- 13.8 ounce artisan pizza crust whole refrigerated with grain* pillsbury® canned
- 0.5 cup pizza sauce
- 2 cups provolone cheese shredded
- 0.3 pound pan drippings from roast beef preferably deli-style roughly chopped
- 1 large onion sweet sliced

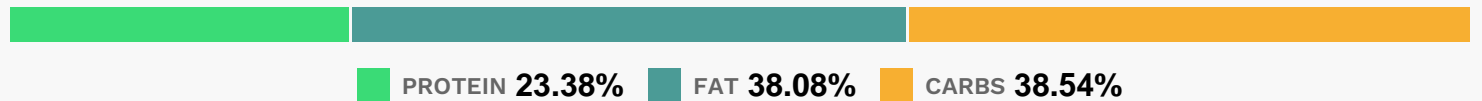
Equipment

- frying pan
- oven

Directions

- Heat oven to 400 degrees F for dark or nonstick pan (425 degrees F for all other pans). Spray 15x10-inch pan with sides with cooking spray.
- In 12-inch nonstick skillet, heat oil over medium-high heat. Stir in onion to coat with oil. Cook uncovered 10 minutes, stirring every 3 to 4 minutes. Reduce heat to medium-low. Cook 20 minutes longer, stirring well every 5 minutes; until onions are golden brown (onions will shrink during cooking). Set aside.
- Unroll dough in pan; starting at center, press dough into 15x10-inch rectangle.
- Bake about 8 minutes or until light brown.
- Spread pizza sauce over crust. Top with roast beef, onion, cheese and bell pepper.
- Bake 8 to 10 minutes longer or until crust is golden brown and cheese is melted. To serve, cut into 6 rows by 3 rows.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:12.207391293153%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 400.57kcal (20.03%), Fat: 17.02g (26.18%), Saturated Fat: 9.51g (59.44%), Carbohydrates: 38.74g (12.91%), Net Carbohydrates: 36.64g (13.32%), Sugar: 5.17g (5.75%), Cholesterol: 44.72mg (14.91%), Sodium: 1146.68mg

(49.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.01%), Calcium: 478.24mg (47.82%), Vitamin C: 30.39mg (36.84%), Phosphorus: 291.01mg (29.1%), Vitamin B12: 1.07µg (17.85%), Zinc: 2.47mg (16.48%), Iron: 2.94mg (16.34%), Vitamin B6: 0.27mg (13.32%), Selenium: 8.47µg (12.1%), Vitamin B2: 0.2mg (11.87%), Vitamin B3: 2.31mg (11.53%), Vitamin A: 545.07IU (10.9%), Fiber: 2.1g (8.42%), Potassium: 290.17mg (8.29%), Magnesium: 27.5mg (6.88%), Folate: 23.08µg (5.77%), Copper: 0.1mg (4.79%), Manganese: 0.1mg (4.78%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.42mg (4.21%), Vitamin B1: 0.06mg (3.86%), Vitamin K: 3.89µg (3.7%), Vitamin D: 0.22µg (1.47%)