



Philly Cheesesteak Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black divided
- 1 tablespoon cornmeal
- 8 ounces flank steak halved lengthwise
- 1 tablespoon flour all-purpose
- 5 garlic cloves thinly sliced
- 1 bell pepper green cut into strips
- 0.1 teaspoon ground pepper red
- 4 servings smoky haricots verts and mushrooms
- 0.5 cup milk 1% low-fat

- 0.5 cup cheddar cheese shredded extra-sharp reduced-fat
- 1.5 teaspoons lower-sodium soy sauce
- 2 teaspoons olive oil
- 1.3 cups onion vertically sliced
- 0.3 teaspoon onion powder
- 1 orange bell pepper cut into strips
- 12 ounces pizza dough fresh refrigerated
- 0.1 teaspoon salt

Equipment

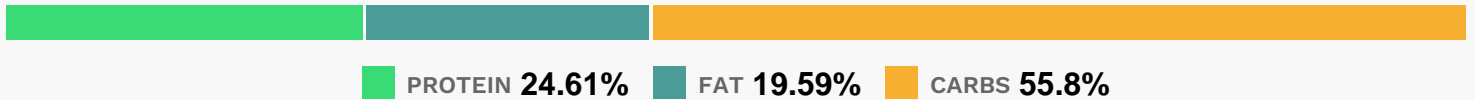
- bowl
- frying pan
- baking sheet
- oven
- whisk
- microwave
- measuring cup
- pizza stone

Directions

- Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep stone or baking sheet in oven).
- Heat a large cast-iron skillet over medium-high heat.
- Sprinkle steak with 1/2 teaspoon pepper. Coat pan with cooking spray.
- Add steak to pan; cook 4 minutes on each side or until desired degree of doneness.
- Remove from pan; let stand 5 minutes.
- Cut steak across the grain into very thin slices.
- While steak cooks, place dough in a medium microwave-safe bowl coated with cooking spray. Cover and microwave at MEDIUM (50% power) for 45 seconds.

- Let stand 5 minutes.
- Roll dough into a 14-inch circle on a floured surface; pierce liberally with a fork. Carefully remove pizza stone from oven, and sprinkle with cornmeal. Arrange dough on pizza stone.
- Bake at 500 for 10 minutes or until browned and crisp.
- While crust bakes, return skillet to medium-high heat.
- Add oil; swirl to coat.
- Add onion and bell peppers; saut 3 minutes.
- Add garlic; saut 2 minutes.
- Add steak; saut 30 seconds or until thoroughly heated.
- Remove from heat; stir in remaining 1/2 teaspoon black pepper and soy sauce. Arrange steak mixture over crust.
- Combine milk and flour in a 4-cup glass measuring cup; stir with a whisk until smooth. Microwave at HIGH 2 minutes or until thickened, stirring every 30 seconds. Stir in cheese and remaining ingredients.
- Drizzle cheese mixture over pizza.
- Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:88.13, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:21.096956740255%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg

Nutrients (% of daily need)

Calories: 418.73kcal (20.94%), Fat: 9.27g (14.27%), Saturated Fat: 3.01g (18.84%), Carbohydrates: 59.41g (19.8%), Net Carbohydrates: 54.07g (19.66%), Sugar: 12.94g (14.37%), Cholesterol: 38.46mg (12.82%), Sodium: 891.61mg (38.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.4%), Vitamin C: 73.9mg (89.58%), Vitamin

B6: 0.73mg (36.54%), Vitamin A: 1538.25IU (30.77%), Selenium: 21.4µg (30.57%), Vitamin K: 30.47µg (29.02%), Phosphorus: 281.21mg (28.12%), Iron: 4.46mg (24.76%), Vitamin B3: 4.7mg (23.51%), Manganese: 0.43mg (21.57%), Fiber: 5.34g (21.35%), Zinc: 3.05mg (20.35%), Potassium: 599.19mg (17.12%), Calcium: 156mg (15.6%), Vitamin B2: 0.26mg (15.57%), Folate: 59.91µg (14.98%), Vitamin B1: 0.19mg (12.92%), Vitamin B12: 0.77µg (12.75%), Magnesium: 50.31mg (12.58%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.86mg (8.62%), Copper: 0.16mg (7.83%), Vitamin D: 0.34µg (2.26%)