



Philly Cheesesteak Pizza

READY IN



50 min.

SERVINGS



6

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.8 oz pizza dough refrigerated canned
- 1 tablespoon butter
- 1 small bell pepper green cut into thin strips
- 1 medium onion halved thinly sliced
- 8 oz cheddar cheese shredded finely
- 0.5 lb pan drippings from roast beef preferably diced cooked (from deli)
- 3 plum tomatoes sliced (Roma)

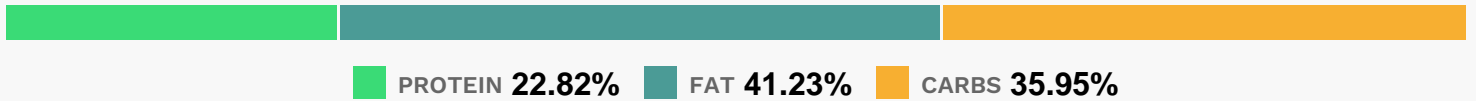
Equipment

- frying pan
- oven
- pizza pan

Directions

- Heat oven to 425°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:12.268260872882%

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: 392.14kcal (19.61%), Fat: 18.18g (27.96%), Saturated Fat: 8.63g (53.91%), Carbohydrates: 35.65g (11.88%), Net Carbohydrates: 33.78g (12.28%), Sugar: 6.06g (6.73%), Cholesterol: 59.35mg (19.78%), Sodium: 1312.17mg (57.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.63g (45.26%), Vitamin C: 32.53mg (39.44%), Calcium: 382.33mg (38.23%), Phosphorus: 261.83mg (26.18%), Selenium: 13.32µg (19.03%), Zinc: 2.85mg (19.01%),

Vitamin B12: 1.05µg (17.43%), Vitamin B3: 3.09mg (15.47%), Iron: 2.78mg (15.44%), Vitamin A: 766.44IU (15.33%),
Vitamin B2: 0.23mg (13.43%), Vitamin B6: 0.25mg (12.6%), Fiber: 1.87g (7.49%), Potassium: 257.74mg (7.36%),
Magnesium: 24.69mg (6.17%), Folate: 20.77µg (5.19%), Manganese: 0.09mg (4.25%), Vitamin K: 4.34µg (4.14%),
Vitamin E: 0.57mg (3.82%), Vitamin B1: 0.06mg (3.68%), Copper: 0.07mg (3.63%), Vitamin B5: 0.33mg (3.34%),
Vitamin D: 0.23µg (1.51%)