



Pizza-Licious

READY IN



25 min.

SERVINGS



25

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz oscar mayer beef franks cut into 1/4-inch-thick slices
- 8 oz pizza low-moisture mozzarella & cheddar cheeses shredded kraft
- 1 tsp heinz mustard yellow
- 0.3 cup classico pizza sauce traditional
- 11 oz pizza crust refrigerated canned
- 0.3 cup heinz tomato ketchup

Equipment

- frying pan

oven

Directions

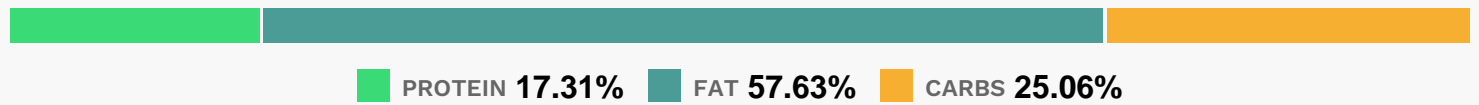
Heat oven to 425F.

Unroll pizza crust in 15x10x1-inch pan sprayed with cooking spray; press to evenly cover bottom of pan.

Mix next 3 ingredients until blended; spread onto crust. Top with franks and cheese.

Bake 12 to 15 min. or until edges of crust are golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.08, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.4186956558539%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.18kcal (6.01%), Fat: 7.74g (11.91%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 7.58g (2.53%), Net Carbohydrates: 7.34g (2.67%), Sugar: 1.83g (2.03%), Cholesterol: 16.06mg (5.35%), Sodium: 375.15mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Phosphorus: 75.26mg (7.53%), Vitamin B12: 0.45µg (7.42%), Selenium: 4.61µg (6.58%), Calcium: 65.51mg (6.55%), Zinc: 0.74mg (4.91%), Iron: 0.63mg (3.52%), Vitamin B2: 0.06mg (3.32%), Vitamin B3: 0.48mg (2.42%), Copper: 0.03mg (1.68%), Vitamin A: 77.95IU (1.56%), Magnesium: 5.58mg (1.4%), Potassium: 48.43mg (1.38%), Vitamin B6: 0.03mg (1.38%)