

Quick Fix Pizza

READY IN



35 min.

SERVINGS



2

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon herb blend italian
- 0.3 cup bell pepper diced green
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese grated
- 16 slices pepperoni
- 0.3 cup pizza sauce
- 0.5 cup mozzarella cheese shredded
- 11 ounce sister schubert's parker house rolls
- 2 slices onion white separated thin

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- spatula
- rolling pin

Directions

- Preheat oven to 375 degrees F. Line a baking sheet with parchment paper and coat with non-stick vegetable oil spray.
- Carefully remove Sister Schubert Parker House
- Rolls from pan and place on prepared pan. Using a rolling pin, compress the rolls into a 9- inch round. In a small bowl, combine olive oil and herb blend and brush top of crust.
- Spread pizza sauce over top of crust. Top with remaining ingredients.
- Bake 18 to 20 minutes. Loosen pizza with a large spatula if necessary. Cool slightly and slice into desired pieces.
- Serve.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:51.69, Inflammation Score:-4, Nutrition Score:13.742608650871%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin:

3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 638.25kcal (31.91%), Fat: 26.39g (40.61%), Saturated Fat: 7.91g (49.44%), Carbohydrates: 77.29g (25.76%), Net Carbohydrates: 73.52g (26.74%), Sugar: 12.32g (13.69%), Cholesterol: 39.81mg (13.27%), Sodium: 1309.47mg (56.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.73g (45.46%), Iron: 24.49mg (136.03%), Vitamin C: 18.88mg (22.89%), Calcium: 201.28mg (20.13%), Phosphorus: 159.97mg (16%), Selenium: 10.62µg (15.17%), Fiber: 3.77g (15.07%), Vitamin B12: 0.88µg (14.67%), Vitamin E: 2.01mg (13.41%), Vitamin K: 12.24µg (11.65%), Manganese: 0.22mg (11.05%), Vitamin B2: 0.17mg (9.87%), Zinc: 1.47mg (9.8%), Vitamin A: 467.39IU (9.35%), Vitamin B6: 0.18mg (8.76%), Potassium: 251.86mg (7.2%), Vitamin B3: 1.37mg (6.84%), Vitamin B1: 0.08mg (5.36%), Magnesium: 20.41mg (5.1%), Copper: 0.09mg (4.36%), Vitamin B5: 0.4mg (4.04%), Folate: 12.57µg (3.14%), Vitamin D: 0.33µg (2.22%)