



## Thin-Crust Turkey Pepperoni Pizzas

READY IN



5 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14.5 oz canned tomatoes diced drained canned
- 4 10-inch flour tortilla
- 0.3 cup basil fresh finely chopped
- 8 ounces part-skim mozzarella cheese shredded
- 40 slices turkey pepperoni

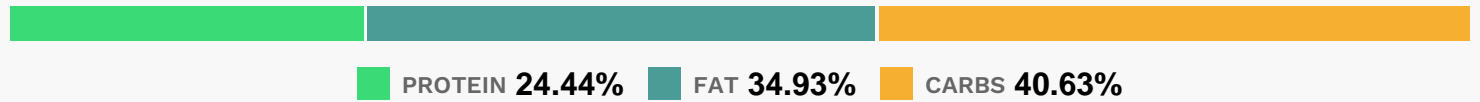
### Equipment

- baking sheet
- oven

## Directions

- Preheat oven to 500F. Mist both sides of 2 tortillas with cooking spray.
- Place tortillas on a baking sheet, top with half of tomatoes, pepperoni and cheese; bake on top rack for 3 minutes. Move to bottom rack and bake until tortillas are puffed and browned around edges, about 3 minutes longer.
- Sprinkle with half of basil.
- While first two pizzas are baking, assemble remaining two pizzas on another baking sheet.
- Bake as directed above, sprinkle with remaining basil, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:13.04, Inflammation Score:-6, Nutrition Score:19.376086872557%

## Nutrients (% of daily need)

Calories: 434.21kcal (21.71%), Fat: 16.94g (26.07%), Saturated Fat: 8.47g (52.95%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 39.92g (14.52%), Sugar: 7.76g (8.63%), Cholesterol: 57.94mg (19.31%), Sodium: 1328.89mg (57.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.36%), Calcium: 587.76mg (58.78%), Phosphorus: 440.44mg (44.04%), Selenium: 24.4µg (34.85%), Vitamin B1: 0.44mg (29.33%), Manganese: 0.56mg (27.84%), Iron: 4.52mg (25.14%), Vitamin B2: 0.42mg (24.93%), Vitamin B3: 4.42mg (22.11%), Folate: 85.99µg (21.5%), Zinc: 2.98mg (19.88%), Fiber: 4.43g (17.71%), Vitamin K: 17.62µg (16.78%), Copper: 0.32mg (15.8%), Potassium: 519.68mg (14.85%), Magnesium: 57.17mg (14.29%), Vitamin B6: 0.24mg (11.87%), Vitamin C: 9.72mg (11.79%), Vitamin A: 581.42IU (11.63%), Vitamin E: 1.38mg (9.17%), Vitamin B12: 0.46µg (7.75%), Vitamin B5: 0.45mg (4.48%), Vitamin D: 0.17µg (1.13%)