



Ultimate Cheese Pizza

READY IN



10 min.

SERVINGS



4

CALORIES



2054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 14.5 oz canned tomatoes whole drained chopped canned
- ☐ 12 inch prebaked pizza crust
- ☐ 8 oz cheese mixed shredded

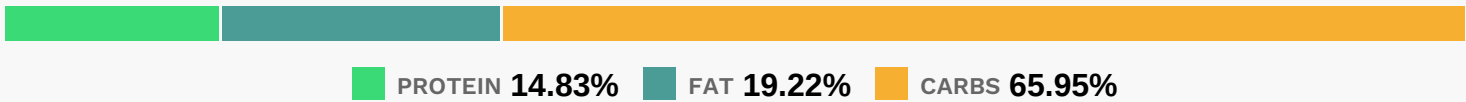
Equipment

- ☐ oven

Directions

- ☐ Stir together tomatoes and garlic.
- ☐ Spread crust evenly with tomato mixture, and sprinkle with cheese.
- ☐ Bake at 450 for 12 to 14 minutes or until cheese is melted.
- ☐ Ultimate Cheeseburger Pizza: Substitute 1 1/2 cups shredded Cheddar cheese for 2 cups mixed shredded cheese. Prepare Ultimate Cheese Pizza as directed, sprinkling 1 1/2 cups cooked and crumbled ground beef (about 1/2 lb.), 1/4 cup chopped green onions, and 1/2 tsp. salt over tomato mixture.
- ☐ Bake as directed.
- ☐ Serve with pickles, if desired. Prep: 15 min.,
- ☐ Bake: 14 min.
- ☐ Ultimate Veggie Pizza: Prepare Ultimate Cheese Pizza as directed, arranging 2 cups roasted or grilled vegetables over tomato mixture.
- ☐ Bake as directed. Prep: 10 min.,
- ☐ Bake: 14 min.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.56, Inflammation Score:-3, Nutrition Score:19.115217364353%

Flavonoids

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

Nutrients (% of daily need)

Calories: 2053.89kcal (102.69%), Fat: 43.75g (67.3%), Saturated Fat: 22.89g (143.06%), Carbohydrates: 337.84g (112.61%), Net Carbohydrates: 325.62g (118.41%), Sugar: 15.36g (17.06%), Cholesterol: 44.79mg (14.93%), Sodium: 4086.8mg (177.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.97g (151.93%), Iron: 20.05mg (111.38%), Calcium: 939.84mg (93.98%), Fiber: 12.22g (48.87%), Phosphorus: 235.51mg (23.55%), Vitamin B12: 1.29µg (21.55%), Selenium: 10.43µg (14.9%), Zinc: 1.95mg (12.98%), Vitamin B2: 0.22mg (12.66%), Vitamin A: 604.35IU (12.09%), Vitamin C: 9.84mg (11.93%), Manganese: 0.23mg (11.3%), Potassium: 349.21mg (9.98%), Copper: 0.2mg (9.9%), Vitamin B6: 0.19mg (9.53%), Vitamin E: 1.39mg (9.29%), Magnesium: 32.21mg (8.05%), Vitamin B3: 1.32mg (6.62%), Vitamin K: 6.77µg (6.45%), Vitamin B1: 0.1mg (6.44%), Folate: 17.37µg (4.34%), Vitamin B5: 0.37mg (3.73%), Vitamin D: 0.23µg (1.51%)