



## Whole-Wheat Pepperoni Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon olive oil
- ☐ 6 ounces part-skim mozzarella cheese
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.7 cup tomato basil sauce
- ☐ 24 slices turkey pepperoni
- ☐ 0.7 cup water (120° to 130°)
- ☐ 0.8 cup flour whole-wheat

☐ 2.3 teaspoons yeast

## Equipment

☐ food processor

☐ baking sheet

☐ oven

☐ knife

☐ measuring cup

## Directions

☐ Weigh or lightly spoon flours into dry measuring cups; level with a knife.

☐ Place flours, yeast, salt, and sugar in a food processor; process until blended.

☐ Combine very warm water and oil in a 1-cup glass measure. Slowly pour water mixture through food chute with processor on; process until mixture forms a ball. Process an additional 1 minute.

☐ Turn dough out onto a floured surface; coat dough with cooking spray.

☐ Let rest 15 minutes.

☐ Preheat oven to 50

☐ Roll dough into a 12-inch circle.

☐ Place dough on an inverted large baking sheet coated with cooking spray. Crimp edges of dough to form a rim.

☐ Spread sauce over surface of dough, leaving a 1/2-inch border; sprinkle sauce with pepperoni and cheese.

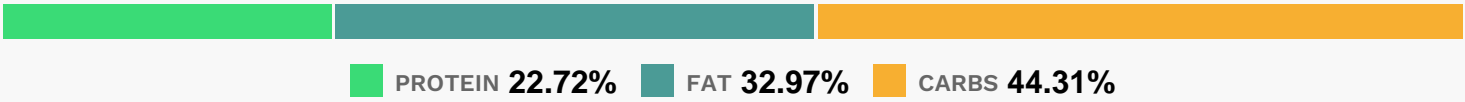
☐ Bake at 500 for 11 minutes or until cheese melts and crust is golden.

☐ Cut into 6 wedges.

☐ kitchen tip

☐ Let your food processor prepare the dough for this recipe, or purchase a prebaked whole-wheat thin-crust pizza shell from the grocery store. Substitute your favorite pizza veggies for the pepperoni for a vegetarian option.

## Nutrition Facts



## Properties

Glycemic Index:24.18, Glycemic Load:8.86, Inflammation Score:-5, Nutrition Score:10.665652228438%

## Nutrients (% of daily need)

Calories: 232.69kcal (11.63%), Fat: 8.61g (13.24%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 23.24g (8.45%), Sugar: 1.76g (1.95%), Cholesterol: 26.8mg (8.93%), Sodium: 554.87mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Manganese: 0.72mg (36.18%), Selenium: 18.74µg (26.78%), Calcium: 236.7mg (23.67%), Vitamin B1: 0.33mg (22.09%), Phosphorus: 209.11mg (20.91%), Folate: 65.33µg (16.33%), Vitamin B2: 0.23mg (13.8%), Zinc: 1.68mg (11.2%), Fiber: 2.79g (11.14%), Vitamin B3: 2.16mg (10.82%), Iron: 1.64mg (9.1%), Magnesium: 34.29mg (8.57%), Copper: 0.11mg (5.73%), Vitamin B6: 0.11mg (5.26%), Potassium: 182.25mg (5.21%), Vitamin A: 224.49IU (4.49%), Vitamin B12: 0.23µg (3.89%), Vitamin B5: 0.34mg (3.39%), Vitamin E: 0.49mg (3.28%), Vitamin K: 2.19µg (2.09%)