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John's Favorite Pizza ♦♦

This pizza recipe is John's all-time favorite. It features a delicious combination of toppings and a crispy crust. It's perfect for pizza lovers!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	pizza dough
200 g	tomato sauce
200 g	Mozzarella Cheese
100 g	Pepperoni
50 g	Mushrooms
50 g	Green Bell Pepper

50 g	onion
20 g	Olive oil
5 g	Salt
2 g	Black pepper

Directions

Step 1

Oven

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Roll out the pizza dough on a floured surface to your desired thickness.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

Transfer the rolled-out dough to a baking sheet or pizza stone.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Preparation

Spread the tomato sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Preparation

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Preparation

Add the pepperoni, mushrooms, green bell pepper, and onion as desired.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Preparation

Drizzle olive oil over the toppings and season with salt and black pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Oven

Bake the pizza in the preheated oven for 12-15 minutes or until the crust is golden and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 9

Resting

Remove from the oven and let it cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Desserts

Breads

Snacks

Cultural

Chinese New Year

Easter

Cost

\$10 to \$20

Demographics

Senior Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

The Whole30 Diet

Low Carb, High Fat (LCHF) Diet

South Beach Diet

OMAD (One Meal a Day) Diet

Pescatarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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