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Roundup Skillet Crust Pizza ♦

Roundup Skillet Crust Pizza is a delicious and easy-to-make pizza recipe that is perfect for a quick weeknight dinner. The crust is made in a skillet and topped with your favorite pizza toppings. It's crispy on the outside and soft on the inside, with a gooey cheese topping. This pizza is sure to be a hit with the whole family!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Pizza Dough
150 g	pizza sauce
200 g	Mozzarella Cheese
100 g	pepperoni
50 g	Bell peppers

50 g	Onions
50 g	Mushrooms
10 g	olive oil
5 g	salt
2 g	black pepper

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Heat olive oil in a skillet over medium heat. Add onions, bell peppers, and mushrooms.

Cook until vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Preparation

Roll out the pizza dough and place it in the skillet, pressing it down to cover the bottom and sides of the skillet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Spread pizza sauce evenly over the dough. Top with mozzarella cheese, pepperoni, and cooked vegetables.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

Bake in the preheated oven for 20 minutes, or until the crust is golden brown and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Cooling

Remove from the oven and let it cool for a few minutes. Slice and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
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	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Diet

Anti-Inflammatory Diet

Cooking Method

Frying

Baking

Boiling

Steaming

Cut

Serving

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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