



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Beef Original Crust Pizza ♦

A classic beef pizza with an original crust. It is a popular choice for pizza lovers.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g	Beef
500 g	pizza crust
1 c	tomato sauce
200 g	cheese
100 g	Onions
100 g	green bell peppers
100 g	Mushrooms

<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper

## Directions

---

### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 2

#### Stove

Cook the beef in a skillet over medium heat until browned. Drain excess fat.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

---

### Step 3

Spread tomato sauce over the pizza crust.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

Top with cooked beef, onions, green bell peppers, and mushrooms.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 5

Drizzle olive oil over the toppings. Season with salt and pepper.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 6

Oven

Bake in the preheated oven for 15-20 minutes, or until the crust is golden and the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

---

## Step 7

Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 20 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)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	40 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	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	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

French

American

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Events

Picnic

### Course

Drinks

Side Dishes

Sauces & Dressings

Breads

Main Dishes

Soups

Snacks

Salads

### Cultural

Chinese New Year

### Meal Type

Dinner

Snack

Lunch

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)