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## Super Supreme Pizza ♦♦

A delicious pizza with a variety of toppings including pepperoni, sausage, mushrooms, onions, and bell peppers.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

500 g	Pizza Dough
250 g	pizza sauce
250 g	mozzarella cheese
100 g	pepperoni
100 g	italian sausage
50 g	Mushrooms

50 g	Onions
50 g	Bell peppers

## Directions

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### Step 1

Oven

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Roll out the pizza dough into a rectangular shape.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Spread the pizza sauce evenly on the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Sprinkle mozzarella cheese over the sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Top with pepperoni, Italian sausage, mushrooms, onions, and bell peppers.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Oven

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 7

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

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 285 kcal

**Fat:** 15 g

**Protein:** 14 g

**Carbohydrates:** 23 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	14 g	82.35%	82.35%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
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	9 g	40.91%	52.94%
Fat	15 g	53.57%	60%
Cholesterol	35 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	650 mg	28.26%	28.26%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	220 mg	6.47%	8.46%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian Chinese French American

### Kitchen Tools

Slow Cooker Blender

### Nutritional Content

Low Calorie

### Diet

Anti-Inflammatory Diet

### Course

Desserts Drinks Breads Salads Soups Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah

### Meal Type

Dinner Supper

### Difficulty Level

Medium

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