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Mighty Meaty Pizza

A delicious and hearty pizza loaded with various meats and cheese. Perfect for meat lovers!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	Pizza Dough
200 g	tomato sauce
250 g	Mozzarella Cheese
100 g	Pepperoni
100 g	Italian Sausage
100 g	bacon

100 g	Ham
50 g	red onion
50 g	Green Bell Pepper
50 g	Black Olives
50 g	Mushrooms
5 g	Oregano

Directions

Step 1

Preheating

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

Cooking

Spread tomato sauce evenly over the pizza dough.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cooking

Sprinkle mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cooking

Top with pepperoni, Italian sausage, bacon, ham, red onion, green bell pepper, black olives, and mushrooms.

Prep Time: 5 mins

Cook Time: 15 mins

Step 6

Cooking

Sprinkle oregano over the toppings.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Baking

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

Step 8

Cooling

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: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	2 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Oktoberfest

Cost

\$30 to \$40

Demographics

Teen Friendly Allergy Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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