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## 5 Cheese Pizza ♦

A delicious pizza topped with a blend of five different cheeses.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>300 g</b>	pizza dough
<b>150 g</b>	Mozzarella Cheese
<b>50 g</b>	Parmesan Cheese
<b>50 g</b>	Cheddar Cheese
<b>50 g</b>	Gouda Cheese
<b>50 g</b>	Blue cheese

# Directions

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## Step 1

### Preheating

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Rolling

Roll out the pizza dough on a floured surface.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Transferring

Transfer the rolled-out dough to a greased pizza pan.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

## Spreading

Spread the mozzarella cheese evenly over the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

### Sprinkling

Sprinkle the parmesan, cheddar, gouda, and blue cheeses over the mozzarella.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

### Baking

Bake the pizza 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:** 20 mins

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## Nutrition Facts

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**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
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)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	8 mcg	333.33%	333.33%
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	30 mg	3%	3%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian Chinese French Mediterranean American

### Course

Appetizers Main Dishes Sauces & Dressings

### Cultural

Chinese New Year Oktoberfest Halloween

### Demographics

Teen Friendly Lactation Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

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

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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