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5 Minute Pepperoni Pizza ♦

This 5 Minute Pepperoni Pizza is a quick and easy recipe that can be made in just a few minutes. It is perfect for those times when you are craving pizza but don't want to spend a lot of time in the kitchen. The pizza is topped with pepperoni and cheese and can be customized with your favorite toppings. It is a delicious and satisfying meal that the whole family will love.

Recipe Type: Standard

Prep Time: 2 mins

Cook Time: 3 mins

Total Time: 5 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

150 g	Pizza Dough
50 g	pepperoni
100 g	cheese
50 g	pizza sauce

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough on a floured surface.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the pizza sauce evenly over the dough.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Topping

Top with pepperoni and cheese.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Baking

Bake in the preheated oven for 10-12 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 650 kcal

Fat: 35 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	35 g	125%	140%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cooking Method

Frying

Baking

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

Canning

Drying

Pickling

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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