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Pepperoni Pizza Soup ♦

Pepperoni Pizza Soup is a delicious and comforting soup that tastes just like a slice of pepperoni pizza. It is made with a rich tomato base, pepperoni slices, bell peppers, onions, and Italian spices. This soup is perfect for cold winter nights or anytime you're craving the flavors of pizza in a warm and comforting bowl of soup.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

2 tbsp	Olive oil
1 medium	onion
2 cloves	garlic cloves

1 medium	bell pepper
20 slices	pepperoni slices
2 c	tomato sauce
4 c	chicken broth
1 tsp	Dried Oregano
1 tsp	Dried Basil
1 tsp	Dried Thyme
1 tsp	Salt
0.5 tsp	Black pepper
1 c	shredded mozzarella cheese
4 leaves	fresh basil leaves

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add onion, garlic, and bell pepper. Cook until vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add pepperoni slices and cook for 2 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 2 mins

Step 3

Stove

Add tomato sauce, chicken broth, dried oregano, dried basil, dried thyme, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Ladle the soup into bowls and top with shredded mozzarella cheese and fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1200 mg	52.17%	52.17%
Calcium	25 mg	2.5%	2.5%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas

Cuisines

Italian

German

Meal Type

Breakfast

Brunch

Snack

Lunch

Dinner

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Difficulty Level

Easy

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