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Kids Pizza ♦

A delicious pizza recipe that kids will love. It's perfect for lunch or dinner.

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

300 g	Pizza Dough
200 g	tomato sauce
200 g	Mozzarella Cheese
100 g	pepperoni
50 g	Black Olives
50 g	Bell peppers

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Roll out the pizza dough on a floured surface.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the tomato sauce evenly on the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Topping

Add the pepperoni, black olives, and bell peppers as desired.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Baking

Bake 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

Step 7

Cooling

Allow the pizza to cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	25 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	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Salads

Snacks

Cultural

Chinese New Year

Diwali

Passover

Christmas

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Supper

Difficulty Level

Medium

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