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Hot n Ready Soft Pretzel Crust Pizza

Hot n Ready Soft Pretzel Crust Pizza is a unique twist on traditional pizza. The crust is made from soft pretzel dough, giving it a chewy and salty flavor. Topped with your favorite pizza ingredients, this pizza is a crowd-pleaser and perfect for game day or a casual dinner.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	All-Purpose Flour
250 ml	warm water
2 tsp	active dry yeast
1 tsp	Sugar

1 tsp	Salt
1 tsp	Baking Soda
500 ml	Hot Water
1 pieces	Egg
2 tbsp	Vegetable Oil
1 c	pizza sauce
2 c	mozzarella cheese
20 slices	pepperoni
0.5 c	black olives
0.5 c	Green Bell Pepper
0.5 c	onion

Directions

Step 1

Mixing

In a large mixing bowl, combine flour, warm water, yeast, sugar, and salt. Mix well and let it sit for 5 minutes to activate the yeast.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, dissolve baking soda in hot water. Add the baking soda mixture to the dough and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Kneading

Knead the dough on a lightly floured surface for 5 minutes until smooth and elastic. Place the dough in a greased bowl, cover with a clean towel, and let it rise for 1 hour.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Rolling

Preheat the oven to 425°F (220°C). Punch down the dough and divide it into 5 equal portions. Roll each portion into a circle to form the pizza crust.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spreading

Spread pizza sauce on each crust. Top with mozzarella cheese, pepperoni, black olives, green bell pepper, and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake the pizzas in the preheated oven for 15-20 minutes or until the crust is golden brown and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 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%
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	3 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	30 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	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
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	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas

Game Day

Cuisines

Italian

Middle Eastern

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

Microwave

Grill

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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