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Pizza Frite ♦

Pizza Frite is a delicious fried pizza dish that originated in Italy. It is a popular street food and is typically consumed as a snack or appetizer. The dough is deep-fried until crispy and then topped with tomato sauce, cheese, and various toppings. It is a savory and indulgent dish that is perfect for sharing with friends and family.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 10 mins

Total Time: 40 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	toppings (e.g., pepperoni, mushrooms, onions)
500 ml	vegetable oil

Directions

Step 1

Preparation

Divide the pizza dough into small balls and let them rest for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Preparation

Roll out each dough ball into a thin circle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Heating

Heat vegetable oil in a deep frying pan or pot.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Fry the pizza dough circles in the hot oil until golden and crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Draining

Remove the fried dough circles from the oil and drain on paper towels to remove excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Assembly

Spread tomato sauce on each fried dough circle.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Assembly

Sprinkle mozzarella cheese and your desired toppings on top of the tomato sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Broiling

Place the topped dough circles under the broiler for a few minutes until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 10 g

Carbohydrates: 30 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	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)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
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	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Cultural

Chinese New Year

St. Patrick's Day

Halloween

Cost

Under \$10

Demographics

Senior Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

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

Vegan Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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