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## Pan Crust Pizza Buddy Topper

The Pan Crust Pizza Buddy Topper is a delicious pizza recipe that features a thick and crispy pan crust. It is topped with a variety of flavorful ingredients, including cheese, tomato sauce, and your choice of toppings. This recipe is perfect for pizza lovers who enjoy a hearty and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 25 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Pizza Dough
200 g	tomato sauce
200 g	Mozzarella Cheese
100 g	Pepperoni
100 g	Mushrooms

100 g	Green Bell Pepper
50 g	onion
20 g	olive oil
5 g	salt
2 g	black pepper

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Roll out the pizza dough on a floured surface to fit a greased 12-inch (30 cm) pizza pan.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Spread the tomato sauce evenly over the pizza dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Sprinkle the mozzarella cheese over the tomato sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Place the pepperoni, mushrooms, green bell pepper, and onion on top of the cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Drizzle olive oil over the toppings and sprinkle with salt and black pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Oven

Bake in the preheated oven for 20-25 minutes, or until the crust is golden brown and the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

## Step 8

Remove from the oven and let cool for a few minutes before slicing and serving.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 15 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	15 g	88.24%	88.24%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	1 mg	76.92%	76.92%
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	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Italian

Chinese

American

### Kitchen Tools

Slow Cooker

Blender

Grill

### Nutritional Content

Low Calorie

### Course

Salads

### Cooking Method

Boiling

Steaming

Microwaving

Blanching

Sautéing

Roasting

Smoking

Curing

Blending

Grinding

Freezing

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Medium

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