



Breakfast Sausage White Cheese Pizza

READY IN



35 min.

SERVINGS



12

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 12 ounces ground sausage italian
- 12 ounces monterrey jack cheese shredded
- 1 cup onion chopped
- 12 inch pizza crust prepared
- 1.3 cups pizza sauce
- 8 ounces pork sausage links sliced
- 12 ounces mozzarella cheese shredded

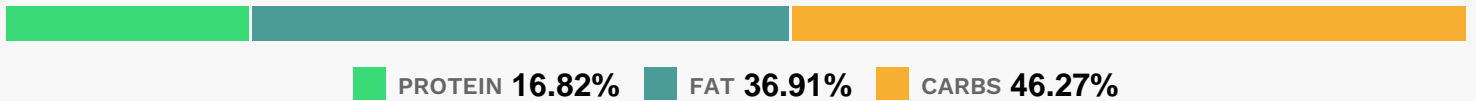
Equipment

- frying pan
- sauce pan
- oven
- pizza pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble and set aside.
- Over medium-low heat melt butter in a large saucepan.
- Add onions. Cook slowly, stirring occasionally, until onions are soft.
- Place crust on pizza pan.
- Spread pizza sauce over crust and add Italian sausage. Cover with mozzarella cheese and place sliced links over cheese.
- Spread Monterey Jack cheese on top of links..
- Bake in preheated oven for 20 to 25 minutes, until golden.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:13.720869624096%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 982.51kcal (49.13%), Fat: 40.12g (61.72%), Saturated Fat: 19.75g (123.42%), Carbohydrates: 113.16g (37.72%), Net Carbohydrates: 109.14g (39.69%), Sugar: 5.32g (5.91%), Cholesterol: 85.29mg (28.43%), Sodium: 2002.77mg (87.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.13g (82.26%), Calcium: 573.81mg (57.38%), Iron: 7.29mg (40.52%), Phosphorus: 303.04mg (30.3%), Selenium: 16.19µg (23.13%), Vitamin B12: 1.3µg (21.7%), Zinc: 2.68mg (17.84%), Vitamin B2: 0.28mg (16.59%), Fiber: 4.02g (16.09%), Vitamin B1: 0.24mg (15.87%), Vitamin A: 563.75IU (11.28%), Vitamin B6: 0.22mg (10.84%), Vitamin B3: 2.13mg (10.67%), Potassium: 258.65mg (7.39%), Magnesium: 25.12mg (6.28%), Vitamin B5: 0.47mg (4.67%), Vitamin C: 3.47mg (4.21%), Copper: 0.08mg (4.09%), Vitamin E: 0.56mg (3.74%), Manganese: 0.07mg (3.68%), Folate: 14.41µg (3.6%), Vitamin D: 0.53µg (3.53%), Vitamin K: 2.29µg (2.18%)