



Caramelized Onion and Turkey Sausage Pizza

READY IN



65 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon kosher salt
- 1 tablespoon olive oil
- 1.5 cups onion vertically sliced
- 2 cups part-skim mozzarella cheese shredded
- 8 ounce pizza dough
- 0.5 cup pizza sauce
- 5 ounces turkey sausage links sweet italian
- 1 teaspoon sugar

Equipment

- frying pan
- baking sheet
- baking paper
- oven

Directions

- Place Pizza Dough on a large sheet of parchment paper. Cover with a damp towel; let rise in a warm place (85), free from drafts, 45 minutes.
- Preheat oven to 50
- While dough rises, heat a large nonstick skillet over medium-high heat.
- Add oil; swirl to coat.
- Add onion; cook 5 minutes, stirring frequently.
- Sprinkle with sugar and salt. Continue cooking 15 to 20 minutes or until deep golden brown, stirring frequently.
- Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- Drain well.
- Roll dough into a 12-inch circle on parchment paper. Crimp edges of dough with fingers to form a rim. Slide dough and parchment paper onto a large baking sheet.
- Place on bottom rack in oven.
- Bake at 500 for 5 minutes.
- Spoon Pizza Sauce onto crust, spreading to rim. Top with cheese, onion, and sausage.
- Bake an additional 10 minutes or until crust is golden and cheese melts.
- Remove from oven; let stand 5 minutes.
- Cut into wedges.
- Note: If using refrigerated Pizza Dough, let dough rise as directed in step 1 for 1 hour. Proceed as directed in recipe.

Nutrition Facts

PROTEIN 20.31% FAT 48.37% CARBS 31.32%

Properties

Glycemic Index:28.35, Glycemic Load:1.68, Inflammation Score:-4, Nutrition Score:7.9747826120128%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 313.65kcal (15.68%), Fat: 16.95g (26.08%), Saturated Fat: 7.08g (44.23%), Carbohydrates: 24.7g (8.23%), Net Carbohydrates: 23.15g (8.42%), Sugar: 5.85g (6.5%), Cholesterol: 41.85mg (13.95%), Sodium: 823.95mg (35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.02g (32.04%), Calcium: 308.32mg (30.83%), Phosphorus: 223.51mg (22.35%), Selenium: 11.56µg (16.52%), Vitamin B1: 0.16mg (10.95%), Zinc: 1.57mg (10.44%), Vitamin B2: 0.18mg (10.41%), Iron: 1.68mg (9.31%), Vitamin B12: 0.52µg (8.69%), Vitamin B6: 0.17mg (8.25%), Fiber: 1.55g (6.21%), Potassium: 210.21mg (6.01%), Vitamin C: 4.86mg (5.89%), Vitamin A: 268.78IU (5.38%), Vitamin B3: 1.06mg (5.28%), Magnesium: 18.96mg (4.74%), Vitamin E: 0.69mg (4.6%), Manganese: 0.09mg (4.55%), Folate: 14.69µg (3.67%), Copper: 0.07mg (3.37%), Vitamin B5: 0.26mg (2.62%), Vitamin K: 2.73µg (2.6%)