



Cheese-and-Sausage Mini Pizzas

READY IN



31 min.

SERVINGS



20

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz three-cheese blend shredded italian
- ☐ 1 oz toppings: parmesan cheese dried fresh italian grated sliced
- ☐ 20 servings easy pizza dough
- ☐ 20 servings basic tomato sauce
- ☐ 1 pound turkey sausage

Equipment

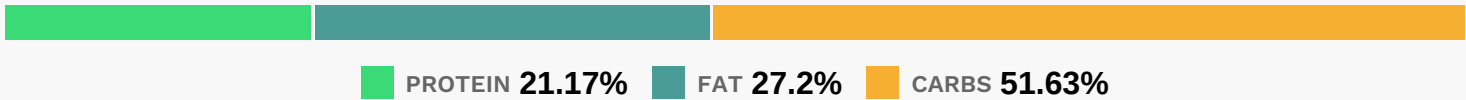
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place Easy Pizza Dough rounds on 2 lightly greased baking sheets.
- ☐ Bake at 400 for 7 minutes.
- ☐ Cook sausage in a large nonstick skillet over medium-high heat 9 to 11 minutes or until meat is no longer pink, breaking sausage into pieces while cooking; drain.
- ☐ Spread about 1/3 cup Basic Tomato Sauce evenly over each pizza crust; top each pizza with 1/2 cup cheese, 1/3 cup cooked sausage, and desired toppings.
- ☐ Bake at 400 for 8 to 10 minutes or until crust is golden and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:8.3252173973166%

Nutrients (% of daily need)

Calories: 263.13kcal (13.16%), Fat: 8.28g (12.74%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 32.08g (11.66%), Sugar: 7.95g (8.84%), Cholesterol: 20.41mg (6.8%), Sodium: 1159.92mg (50.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.5g (29%), Iron: 3.5mg (19.46%), Vitamin E: 2.05mg (13.68%), Fiber: 3.29g (13.18%), Potassium: 441.11mg (12.6%), Vitamin K: 12.24µg (11.66%), Vitamin B6: 0.23mg (11.63%), Vitamin B3: 2.32mg (11.62%), Vitamin A: 571.55IU (11.43%), Vitamin C: 9.13mg (11.07%), Manganese: 0.21mg (10.33%), Copper: 0.17mg (8.47%), Vitamin B2: 0.14mg (8.25%), Calcium: 78.12mg (7.81%), Phosphorus: 75.32mg (7.53%), Zinc: 1mg (6.68%), Magnesium: 26.51mg (6.63%), Vitamin B5: 0.62mg (6.23%), Vitamin B12: 0.29µg (4.91%), Folate: 15.52µg (3.88%), Vitamin B1: 0.05mg (3.29%), Selenium: 0.8µg (1.14%)