



Chicago Deep-Dish Pizza

READY IN



102 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes whole drained canned
- 6 ounces mild chicken sausage italian chopped
- 2.3 teaspoons yeast dry
- 2.8 cups flour all-purpose divided
- 1.5 teaspoons basil fresh chopped
- 0.8 cup bell pepper green chopped
- 6 ounces mushrooms thinly sliced
- 1 tablespoon olive oil extra virgin extra-virgin
- 1.5 teaspoons oregano fresh chopped

- 8 ounces part-skim mozzarella cheese shredded divided
- 0.8 cup bell pepper red chopped
- 0.5 teaspoon salt
- 2 teaspoons sugar
- 1 cup water (100° to 110°)
- 0.3 cup cornmeal yellow

Equipment

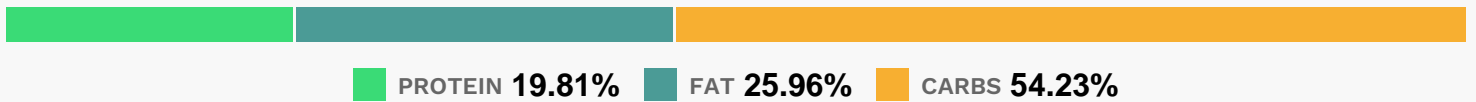
- bowl
- frying pan
- oven
- knife
- sieve
- baking pan
- measuring cup

Directions

- Dissolve sugar and yeast in warm water in a large bowl; let stand for 5 minutes. Stir in olive oil.
- Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Combine 25 ounces (about 2 1/2 cups) flour, cornmeal, and salt in a bowl. Stir flour mixture into yeast mixture until dough forms a ball. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 5 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let rest 5 minutes.
- Roll dough into an 11 x 15inch rectangle on a lightly floured surface.
- Place dough in a 13 x 9inch baking dish coated with cooking spray; press dough up sides of dish.

- Spread 1 1/2 cups cheese evenly over dough. Arrange chopped sausage evenly over cheese.
- Preheat oven to 40
- Chop tomatoes; place in a sieve. Stir in oregano and basil; drain tomato mixture 10 minutes.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add mushrooms to pan; cook 5 minutes, stirring occasionally. Stir in bell peppers; cook for 8 minutes or until tender, stirring occasionally. Arrange vegetables over sausage; spoon tomato mixture evenly over vegetables and sausage.
- Sprinkle evenly with remaining 1/2 cup cheese.
- Bake at 400 for 25 minutes or until crust browns and cheese bubbles. Cool 5 minutes before cutting.

Nutrition Facts



Properties

Glycemic Index:50.07, Glycemic Load:28.99, Inflammation Score:-9, Nutrition Score:19.750000005183%

Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 356.03kcal (17.8%), Fat: 10.48g (16.12%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 44.58g (16.21%), Sugar: 7.49g (8.32%), Cholesterol: 33.15mg (11.05%), Sodium: 674.48mg (29.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Vitamin C: 39mg (47.27%), Vitamin B1: 0.56mg (37.43%), Folate: 128.59µg (32.15%), Selenium: 21.63µg (30.89%), Vitamin B2: 0.49mg (28.99%), Manganese: 0.57mg (28.7%), Calcium: 272.47mg (27.25%), Vitamin B3: 5.24mg (26.21%), Phosphorus: 251.45mg (25.14%), Iron: 4.06mg (22.55%), Fiber: 4.65g (18.6%), Vitamin A: 921.16IU (18.42%), Copper: 0.35mg (17.65%), Vitamin B6: 0.33mg (16.4%), Potassium: 511.25mg (14.61%), Vitamin E: 1.92mg (12.8%), Magnesium: 47.92mg (11.98%), Zinc: 1.75mg (11.68%), Vitamin K: 11.04µg (10.51%), Vitamin B5: 1.01mg (10.14%), Vitamin B12: 0.24µg (4.03%)