



 **57%**  
HEALTH SCORE

## Chicago Deep-Dish Sausage Pizza

READY IN



50 min.

SERVINGS



1

CALORIES



2745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups cheese italiano cheese shredded divided kraft
- 0.5 cup pasilla peppers green chopped
- 0.5 pound sausage italian
- 0.5 cup onions chopped
- 0.5 cup pizza sauce
- 391 gram pizza dough refrigerated canned

### Equipment

- frying pan

oven

## Directions

- Heat oven to 350 degrees F.
- Brown sausage with vegetables in skillet. Stir in pizza sauce.
- Remove from heat.
- Unroll pizza dough; press onto bottom and up side of 9-inch deep-dish pie plate sprayed with cooking spray.
- Sprinkle 1/2 cup cheese onto bottom of crust; cover with sausage mixture and remaining cheese.
- Bake 35 min. or until crust is deep golden brown.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts

 **PROTEIN 17.1%**  **FAT 52.34%**  **CARBS 30.56%**

## Properties

Glycemic Index:137, Glycemic Load:5.87, Inflammation Score:-10, Nutrition Score:54.471738773844%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg, Luteolin: 3.53mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg

## Nutrients (% of daily need)

Calories: 2744.95kcal (137.25%), Fat: 160.59g (247.06%), Saturated Fat: 72.09g (450.56%), Carbohydrates: 210.93g (70.31%), Net Carbohydrates: 200.6g (72.95%), Sugar: 34.53g (38.37%), Cholesterol: 398.37mg (132.79%), Sodium: 6548.94mg (284.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.07g (236.15%), Selenium: 121.34µg (173.34%), Calcium: 1681.64mg (168.16%), Phosphorus: 1428.31mg (142.83%), Vitamin B1: 1.46mg (97.49%), Vitamin C: 78.93mg (95.67%), Vitamin B2: 1.5mg (88.22%), Zinc: 12.86mg (85.71%), Iron: 15.19mg (84.4%), Vitamin B12: 4.46µg (74.32%), Vitamin A: 3072.2IU (61.44%), Vitamin B6: 1.22mg (60.96%), Vitamin B3: 9.15mg (45.76%), Fiber: 10.33g (41.32%), Potassium: 1358.81mg (38.82%), Magnesium: 126.6mg (31.65%), Vitamin B5: 2.64mg (26.41%), Vitamin E: 3.75mg (25%), Folate: 99.28µg (24.82%), Manganese: 0.48mg (23.97%), Copper: 0.48mg

(23.86%), Vitamin K: 14.69µg (13.99%), Vitamin D: 1.36µg (9.04%)