



Chicago-Style Deep-Dish Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 1 tablespoon cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 13.5 ounces flour all-purpose divided
- ☐ 3 garlic clove minced
- ☐ 0.5 pound turkey sausage italian (2 links)
- ☐ 8 ounce mushrooms
- ☐ 1.5 teaspoons olive oil divided

- ☐ 1 cup onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 2 tablespoons parmesan fresh grated
- ☐ 5 ounces part-skim mozzarella cheese
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup water (100° to 110°)

Equipment

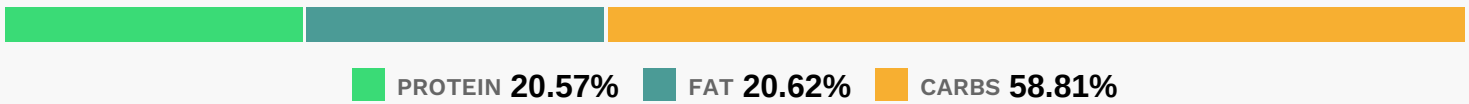
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ To prepare dough, dissolve sugar and yeast in warm water in a large bowl; let stand 10 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 1 cup flour and salt to the yeast mixture, stirring with a whisk until well combined. Stir in 1 3/4 cups flour, stirring until a dough forms. Turn dough out onto a lightly floured surface. Knead the dough until smooth and elastic (about 8 minutes); add enough of remaining 1/4 cup 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, 1 hour or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down; cover and let stand 5 minutes.
- ☐ Preheat oven to 37
- ☐ To prepare topping, heat a large nonstick skillet over medium-high heat.

- ☐ Remove casings from sausage. Coat pan with cooking spray.
- ☐ Add sausage and onion; cook for 5 minutes or until sausage is browned, stirring to crumble.
- ☐ Drain; set sausage mixture aside.
- ☐ Return pan to medium-high heat.
- ☐ Add mushrooms; cook 5 minutes or until moisture evaporates, stirring frequently.
- ☐ Remove mushrooms from pan, and set aside.
- ☐ Return pan to medium heat; add 1 teaspoon olive oil.
- ☐ Add garlic; cook 30 seconds or until lightly browned, stirring constantly.
- ☐ Add tomato paste; cook 1 minute, stirring frequently. Stir in oregano, fennel, and tomato sauce; simmer for 5 minutes or until sauce mixture is slightly thickened.
- ☐ Coat a 12-inch cast-iron skillet with remaining 1/2 teaspoon oil, and sprinkle cornmeal over oil.
- ☐ Place dough in skillet, gently stretching edges to evenly coat bottom and sides of pan.
- ☐ Sprinkle mozzarella evenly over the bottom of dough; top evenly with sausage mixture and mushrooms. Top mushrooms with sauce mixture; sprinkle Parmesan over sauce.
- ☐ Bake at 375 for 40 minutes or until crust browns and topping is bubbly.
- ☐ Let pizza stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.07, Glycemic Load:29.15, Inflammation Score:-8, Nutrition Score:17.799130315366%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 317.07kcal (15.85%), Fat: 7.31g (11.24%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 43.27g (15.74%), Sugar: 5.46g (6.06%), Cholesterol: 27.22mg (9.07%), Sodium: 755.49mg (32.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.4g (32.79%), Selenium: 28.84µg (41.21%), Vitamin B1: 0.55mg (36.62%), Iron: 5.96mg (33.12%), Vitamin B2: 0.54mg (31.85%), Folate: 126.98µg (31.75%), Vitamin B3:

5.96mg (29.82%), Phosphorus: 252.76mg (25.28%), Manganese: 0.5mg (24.96%), Calcium: 188.65mg (18.87%), Vitamin C: 15.47mg (18.76%), Vitamin B6: 0.29mg (14.67%), Copper: 0.29mg (14.65%), Fiber: 3.61g (14.44%), Potassium: 452.23mg (12.92%), Zinc: 1.91mg (12.76%), Vitamin B5: 1.22mg (12.17%), Magnesium: 39.44mg (9.86%), Vitamin A: 416.66IU (8.33%), Vitamin E: 1.12mg (7.5%), Vitamin B12: 0.29µg (4.9%), Vitamin K: 4.37µg (4.17%)