



## Chicago-Style Deep-Dish Sausage Pizza

READY IN



80 min.

SERVINGS



20

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pkg active yeast dry
- 14 oz canned tomatoes diced undrained canned
- 2 cups flour
- 0.8 lb sausage italian crumbled
- 7 oz slim cut mozzarella cheese kraft
- 0.3 cup oil
- 0.3 cup onions chopped
- 2 tsp oregano leaves dried
- 0.3 cup parmesan cheese divided grated kraft

- 0.5 tsp salt
- 6 oz tomato paste canned
- 0.8 cup warm water (108°F)

## Equipment

- frying pan
- oven
- pizza pan

## Directions

- Heat oven to 425F.
- Dissolve yeast in warm water; let stand 5 min.
- Add flour, oil and salt; stir until mixture forms ball.
- Place on lightly floured surface; knead until smooth and no longer sticky.
- Sprinkle 2 Tbsp. Parmesan onto bottom of 12-inch deep-dish pizza pan sprayed with cooking spray. Press dough onto bottom and 1 inch up side of prepared pan.
- Brown sausage in large skillet; drain.
- Add onions; cook and stir 5 min. or until tender.
- Drain. Stir in tomatoes, tomato paste and oregano; simmer 15 min., stirring occasionally.
- Place half the mozzarella on bottom of crust; cover with half the meat sauce. Repeat layers.
- Sprinkle with remaining Parmesan.
- Bake 30 min. or until crust is golden brown.
- Let stand 10 min. before cutting to serve.

## Nutrition Facts



**PROTEIN 15.78%** **FAT 56.85%** **CARBS 27.37%**

## Properties

Glycemic Index:10, Glycemic Load:7.21, Inflammation Score:-3, Nutrition Score:6.1343477834826%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 174.4kcal (8.72%), Fat: 11.02g (16.96%), Saturated Fat: 3.72g (23.25%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 11.04g (4.01%), Sugar: 1.08g (1.2%), Cholesterol: 22.22mg (7.41%), Sodium: 314.46mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin B1: 0.25mg (16.88%), Selenium: 10.84µg (15.49%), Phosphorus: 92.91mg (9.29%), Folate: 36.72µg (9.18%), Vitamin B2: 0.16mg (9.12%), Vitamin B3: 1.7mg (8.5%), Calcium: 82.56mg (8.26%), Manganese: 0.14mg (7.16%), Iron: 1.21mg (6.74%), Vitamin B12: 0.4µg (6.73%), Zinc: 0.84mg (5.61%), Vitamin E: 0.8mg (5.33%), Vitamin B6: 0.11mg (5.29%), Vitamin K: 4.45µg (4.23%), Potassium: 137.79mg (3.94%), Vitamin C: 3.12mg (3.78%), Fiber: 0.9g (3.61%), Copper: 0.07mg (3.38%), Magnesium: 12.55mg (3.14%), Vitamin B5: 0.26mg (2.59%), Vitamin A: 126.1IU (2.52%)