

Chicago-Style Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 2 ounces parmesan fresh grated
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 20 ounce pizza dough refrigerated canned
- ☐ 1.3 cups sausage cooked

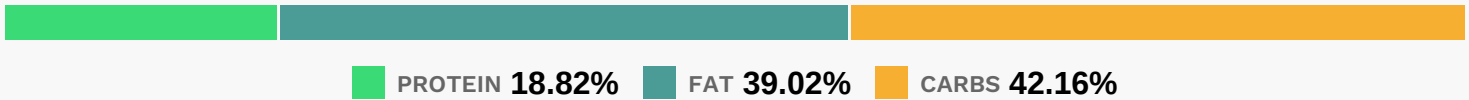
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450
- ☐ Unroll dough portions onto a large baking sheet coated with cooking spray, slightly overlapping the edges. Pinch edges together to seal. Pat the dough into a 15 x 12-inch rectangle.
- ☐ Sprinkle mozzarella cheese over dough, leaving a 1/2-inch border, and top with sausage, basil, and tomatoes.
- ☐ Sprinkle with Parmesan cheese and pepper.
- ☐ Bake at 450 for 2 minutes. Reduce oven temperature to 425 (do not remove pizza from oven), and bake an additional 12 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:7.8639130592346%

Nutrients (% of daily need)

Calories: 358.21kcal (17.91%), Fat: 15.68g (24.12%), Saturated Fat: 6.06g (37.86%), Carbohydrates: 38.12g (12.71%), Net Carbohydrates: 36.06g (13.11%), Sugar: 6.83g (7.59%), Cholesterol: 38.24mg (12.75%), Sodium: 994.74mg (43.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.02g (34.04%), Calcium: 189.31mg (18.93%), Iron: 3.1mg (17.22%), Phosphorus: 165.23mg (16.52%), Vitamin B3: 2.4mg (12.02%), Vitamin B6: 0.21mg (10.27%), Vitamin B1: 0.15mg (9.68%), Zinc: 1.44mg (9.57%), Fiber: 2.06g (8.24%), Vitamin B12: 0.49µg (8.11%), Vitamin B2: 0.13mg (7.54%), Potassium: 260.31mg (7.44%), Copper: 0.13mg (6.33%), Vitamin C: 5.12mg (6.21%), Vitamin K: 6.33µg (6.02%), Vitamin A: 284.42IU (5.69%), Manganese: 0.11mg (5.55%), Magnesium: 21.55mg (5.39%), Vitamin E: 0.75mg (5%), Selenium: 3.44µg (4.91%), Vitamin B5: 0.43mg (4.33%), Vitamin D: 0.55µg (3.65%), Folate: 9.02µg (2.25%)