



## Chicago Style Stuffed Pizza

READY IN



110 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon active yeast dry
- ☐ 3 cloves garlic sliced
- ☐ 0.1 cup bell pepper green chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup pepperoni diced
- ☐ 1.5 teaspoons salt

- ☐ 0.3 pound spicy sausage – browned italian crumbled drained
- ☐ 9 ounces mozzarella cheese shredded
- ☐ 0.5 cup tomato sauce
- ☐ 3 cups unbleached flour all-purpose divided
- ☐ 0.5 cup warm water (110 degrees F/45 degrees C)
- ☐ 1 cup warm water (110 degrees F/45 degrees C)
- ☐ 2 teaspoons sugar white
- ☐ 0.5 cup cornmeal yellow

## Equipment

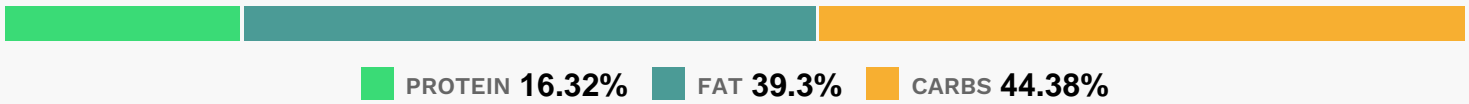
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

## Directions

- ☐ To Make Dough: In a small bowl, dissolve sugar in 1 cup warm water; in a separate small bowl combine the yeast, 1/2 cup flour, and 1/2 cup warm water.
- ☐ Mix together and let rest in bowl for about 20 minutes, until foamy.
- ☐ Meanwhile, in a medium bowl mix together remaining 2 1/2 cups flour with cornmeal and salt; remove half of this mixture from bowl and stir 1 cup sugar water into bowl. When well mixed, return second half of flour/cornmeal mixture to bowl and mix all together; then stir in yeast mixture. Knead dough on a lightly floured surface until smooth and elastic, about 8 to 12 minutes.
- ☐ Place dough in a lightly oiled bowl and cover with plastic wrap.
- ☐ Let rise until doubled in volume.
- ☐ Preheat oven to 450 degrees F (230 degrees C). To Make Stuffing: In a large bowl combine the sausage, mozzarella cheese, Parmesan cheese, pepperoni, onion, bell pepper, oregano and garlic.
- ☐ Mix well.

- ☐
- Press half of the dough in the bottom and up the sides of a lightly greased deep dish pan.
- ☐
- Bake crust in preheated oven for 4 minutes, then add the stuffing mixture to the bottom crust and cover with top crust; seal edges together with fingers, and trim excess. Slit top crust to allow steam to vent during baking; top with tomato sauce.
- ☐
- Bake on lower rack at 450 degrees F (230 degrees C) for 45 minutes, or until crust is golden brown.
- ☐
- Remove from oven and allow to cool for 5 minutes, then cut and serve.

Nutrition Facts



Properties

Glycemic Index:68.93, Glycemic Load:42.11, Inflammation Score:-8, Nutrition Score:19.362174003021%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 571.97kcal (28.6%), Fat: 24.79g (38.14%), Saturated Fat: 9.92g (61.97%), Carbohydrates: 62.99g (21%), Net Carbohydrates: 59.28g (21.55%), Sugar: 3.26g (3.62%), Cholesterol: 56.92mg (18.97%), Sodium: 1242.89mg (54.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Selenium: 32.92µg (47.04%), Vitamin B1: 0.68mg (45.57%), Folate: 138.99µg (34.75%), Phosphorus: 323.86mg (32.39%), Manganese: 0.64mg (32.24%), Vitamin B2: 0.54mg (31.49%), Vitamin B3: 5.73mg (28.63%), Calcium: 279.74mg (27.97%), Iron: 4.21mg (23.37%), Vitamin B12: 1.27µg (21.14%), Zinc: 2.97mg (19.79%), Fiber: 3.72g (14.87%), Vitamin B6: 0.27mg (13.51%), Magnesium: 47.87mg (11.97%), Copper: 0.19mg (9.68%), Vitamin A: 443.51IU (8.87%), Vitamin E: 1.33mg (8.87%), Potassium: 304.76mg (8.71%), Vitamin B5: 0.78mg (7.84%), Vitamin K: 7.44µg (7.09%), Vitamin C: 5.03mg (6.09%), Vitamin D: 0.52µg (3.45%)