



Chicken Sausage and Potato Pizza (Comfort-Food Pie)

READY IN



22 min.

SERVINGS



8

CALORIES



262 kcal

Ingredients

- ☐ 3 ounces mild chicken sausage sliced
- ☐ 0.8 cup fontina grated
- ☐ 4 ounces baby potatoes very thinly sliced
- ☐ 8 servings uncook pizza crust
- ☐ 1.5 tablespoons rosemary finely chopped

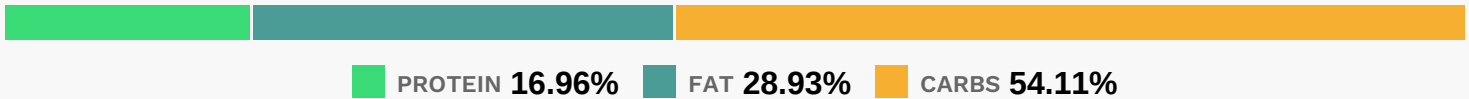
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place a prebaked pizza crust on a shallow baking pan; top evenly with very thinly sliced new potatoes. Top potatoes with sliced chicken sausage.
- ☐ Sprinkle with fontina cheese and finely chopped rosemary.
- ☐ Bake 10 minutes or until top is golden brown and potatoes are tender.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:22.59, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:2.9891304134027%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 261.55kcal (13.08%), Fat: 8.41g (12.94%), Saturated Fat: 4.22g (26.36%), Carbohydrates: 35.4g (11.8%), Net Carbohydrates: 33.94g (12.34%), Sugar: 1.43g (1.59%), Cholesterol: 21.86mg (7.29%), Sodium: 558.79mg (24.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.2%), Calcium: 134.56mg (13.46%), Iron: 2.13mg (11.86%), Fiber: 1.47g (5.87%), Phosphorus: 51.16mg (5.12%), Vitamin C: 3.17mg (3.84%), Vitamin B12: 0.21µg (3.47%), Vitamin A: 162.52IU (3.25%), Zinc: 0.49mg (3.24%), Vitamin B6: 0.06mg (2.93%), Selenium: 1.85µg (2.65%), Potassium: 71.18mg (2.03%), Vitamin B2: 0.03mg (1.85%), Manganese: 0.03mg (1.52%), Magnesium: 5.82mg (1.45%), Vitamin B1: 0.02mg (1.06%), Folate: 4.16µg (1.04%), Copper: 0.02mg (1.02%)