



Chicken Sausage, Sweet Onion, and Fennel Pizza

READY IN



40 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounces chicken apple sausage chopped (such as Gerhard's)
- ☐ 1 cup fennel bulb thinly sliced (1 small bulb)
- ☐ 1 tablespoon chives fresh chopped
- ☐ 3 ounces gouda cheese shredded
- ☐ 2 teaspoons olive oil
- ☐ 12 ounce prebaked pizza crust (such as Mama Mary's)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups oso sweet vertically sliced

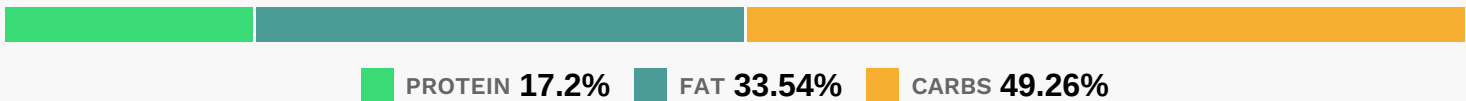
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sausage to pan; saut 4 minutes or until browned, stirring occasionally.
- ☐ Remove from pan.
- ☐ Add oil to pan.
- ☐ Add onion, fennel, and salt; cover and cook 10 minutes or until tender and lightly browned, stirring occasionally.
- ☐ Place pizza crust on a baking sheet. Top evenly with onion mixture; sprinkle with cheese, and top evenly with sausage.
- ☐ Bake at 450 for 12 minutes or until cheese melts.
- ☐ Sprinkle evenly with chives.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:6.7013042724651%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg

Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 394.01kcal (19.7%), Fat: 14.78g (22.74%), Saturated Fat: 6.59g (41.22%), Carbohydrates: 48.85g (16.28%), Net Carbohydrates: 46.34g (16.85%), Sugar: 5.89g (6.55%), Cholesterol: 39.25mg (13.08%), Sodium: 1004.18mg (43.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.05g (34.11%), Calcium: 249.6mg (24.96%), Vitamin K: 17.13µg (16.31%), Iron: 2.88mg (16.02%), Phosphorus: 143.6mg (14.36%), Fiber: 2.52g (10.07%), Vitamin C: 6.22mg (7.54%), Zinc: 0.96mg (6.37%), Folate: 24.92µg (6.23%), Vitamin B12: 0.33µg (5.46%), Potassium: 189.44mg (5.41%), Vitamin B2: 0.09mg (5.34%), Vitamin B6: 0.11mg (5.31%), Vitamin A: 257.15IU (5.14%), Selenium: 3.54µg (5.06%), Manganese: 0.09mg (4.63%), Magnesium: 15.58mg (3.9%), Vitamin E: 0.48mg (3.19%), Copper: 0.06mg (2.84%), Vitamin B1: 0.03mg (2.25%), Vitamin B5: 0.18mg (1.84%), Vitamin B3: 0.24mg (1.19%)