



Deep-Dish Cast Iron Pizza

READY IN



135 min.

SERVINGS



2

CALORIES



1072 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 teaspoons active yeast dry
- 0.5 teaspoon brown sugar
- 0.3 cup bulk pork sausage
- 3.5 ounce bulk sausage italian
- 2 cups flour all-purpose
- 2 teaspoons garlic salt
- 2 tablespoons grapeseed oil
- 24 slices pepperoni
- 0.5 cup pizza sauce

- 0.3 cup mozzarella cheese shredded
- 1.3 cups warm water) (110 degrees F (43 degrees C)

Equipment

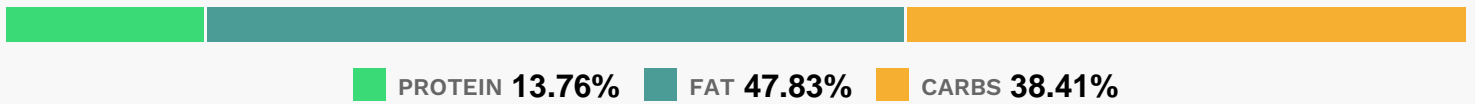
- bowl
- frying pan
- oven
- blender
- plastic wrap
- stand mixer
- slotted spoon

Directions

- Sprinkle yeast and brown sugar over warm water in the bowl of a stand mixer fitted with a dough hook.
- Let stand 5 to 10 minutes until the yeast softens and begins to form a creamy foam.
- Turn mixer to the lowest setting and slowly add 2 cups flour 1/2 cup at a time.
- Add garlic salt and 1/4 cup butter. Integrate remaining 2 cups flour and knead until dough is smooth and elastic, 5 to 7 minutes.
- Coat a large glass bowl with 1 tablespoon grapeseed oil. Shape dough into a ball and place in bowl, turning to coat all sides with oil. Spray a piece of plastic wrap with cooking spray and loosely cover bowl. Cover bowl with a towel and let rise in a warm area until dough has doubled in size, about 45 minutes. Punch down dough and allow to rest for 20 minutes.
- While dough is resting, heat a skillet over medium heat; cook and stir bulk sausage until browned and crumbly, about 5 minutes.
- Transfer cooked sausage to a bowl with a slotted spoon, retaining drippings in the skillet. Fry Italian sausage link in drippings until browned and no longer pink in the center, about 10 minutes. Slice sausage.
- Preheat oven to 400 degrees F (200 degrees C). Grease a 12-inch cast iron skillet with 2 tablespoons grapeseed oil.

- Press dough into and up the sides of the prepared skillet. Poke holes in dough with a fork to prevent air bubbles.
- Spread pizza sauce around the base of the crust.
- Sprinkle 1/3 cup mozzarella cheese over sauce; layer half the bulk sausage, half the sliced sausage, and half the pepperoni over cheese. Repeat the layers of meat. Top with remaining 1/3 cup mozzarella cheese.
- Bake in preheated oven on the bottom rack until crust is golden brown, about 25 minutes.
- Brush crust with 1 tablespoon butter; season with Italian seasoning and garlic powder.
- Remove pizza from skillet and let rest for 3 to 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:142.5, Glycemic Load:70.34, Inflammation Score:-9, Nutrition Score:34.482608898826%

Nutrients (% of daily need)

Calories: 1071.76kcal (53.59%), Fat: 56.5g (86.92%), Saturated Fat: 17.21g (107.53%), Carbohydrates: 102.08g (34.03%), Net Carbohydrates: 96.84g (35.22%), Sugar: 3.68g (4.09%), Cholesterol: 102.85mg (34.28%), Sodium: 3726.22mg (162.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.13%), Vitamin B1: 1.84mg (122.46%), Selenium: 65.47µg (93.53%), Folate: 323.02µg (80.76%), Vitamin B3: 14mg (69.98%), Vitamin B2: 1.04mg (61.24%), Manganese: 1.11mg (55.73%), Iron: 7.9mg (43.86%), Phosphorus: 399.17mg (39.92%), Vitamin E: 5.34mg (35.62%), Zinc: 4.14mg (27.63%), Vitamin B6: 0.53mg (26.29%), Vitamin B12: 1.51µg (25.19%), Fiber: 5.24g (20.94%), Vitamin B5: 2.03mg (20.27%), Copper: 0.38mg (19%), Potassium: 649.77mg (18.56%), Magnesium: 60.48mg (15.12%), Calcium: 146.23mg (14.62%), Vitamin A: 419.65IU (8.39%), Vitamin C: 5.55mg (6.73%), Vitamin D: 0.88µg (5.84%), Vitamin K: 4.08µg (3.88%)