



 **80%**
HEALTH SCORE

Deep Dish Italian Sausage and Mushroom Pizza

 Very Healthy

READY IN



80 min.

SERVINGS



1

CALORIES



2123 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce fast-rising active yeast dry
- 1.5 cups flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.5 pound sausage italian
- 1 tablespoon olive oil
- 0.3 cup parmesan cheese grated
- 0.7 cup pasta sauce red

- 1 teaspoon salt
- 1 cup mozzarella cheese shredded
- 0.5 teaspoon sugar
- 0.5 cup warm water (105 to 110 degrees F)

Equipment

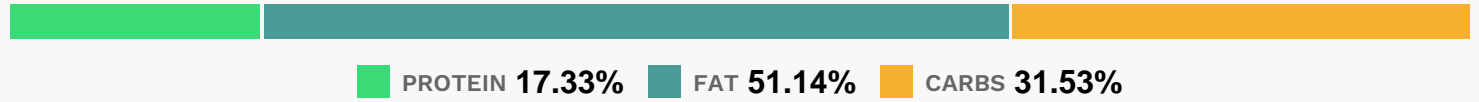
- food processor
- bowl
- frying pan
- oven
- pizza pan
- stove
- kitchen towels

Directions

- For Dough: Dissolve yeast and sugar in warm water in a small bowl; let stand 5 minutes.
- Mix flour and salt in a food processor.
- Add yeast mixture and pulse just until moistened. With machine running, pour oil through feed tube and process until dough begins to leave sides of bowl and forms a ball. Take dough out of processor and knead by hand for 1 minute on a lightly floured surface.
- Place ball of dough in an oiled small bowl, turning to oil top. Cover with a clean kitchen towel and let rise for 30 minutes or until double in size.
- Preheat oven to 425 degrees F. Lightly oil a 10-inch deep dish pizza pan or oven-safe skillet. Press dough along bottom and about 1 inch up sides of skillet to make a raised edge.
- Bake for 10 minutes or until lightly browned.
- While crust bakes, cook sausage over medium heat in a large skillet for 8 to 10 minutes or until sausage is fully cooked, stirring frequently.
- Drain off any fat. Set aside until ready to use.
- [Cleaning tip: Once the stove top is cool, wipe up any oil splatters with Clorox® Disinfecting Wipes*. Rinse hands once complete.]

- Remove crust from oven and prick any air bubbles with a fork. Spoon pizza sauce over crust, spreading evenly. Top with cooked sausage, mushrooms, and mozzarella and Parmesan cheeses.
- Bake pizza for 15 minutes more or until edge of crust is golden and cheese is melted.
- Cut into 8 wedges to serve.

Nutrition Facts



Properties

Glycemic Index:277.09, Glycemic Load:109.48, Inflammation Score:-10, Nutrition Score:61.273913196895%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 2123.28kcal (106.16%), Fat: 120.29g (185.06%), Saturated Fat: 46.57g (291.09%), Carbohydrates: 166.82g (55.61%), Net Carbohydrates: 156.44g (56.89%), Sugar: 11.39g (12.65%), Cholesterol: 282.6mg (94.2%), Sodium: 5915.68mg (257.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.71g (183.41%), Vitamin B1: 3.7mg (246.47%), Selenium: 158.08µg (225.83%), Vitamin B2: 2.49mg (146.26%), Folate: 567.47µg (141.87%), Vitamin B3: 26.51mg (132.55%), Phosphorus: 1251.34mg (125.13%), Calcium: 888.57mg (88.86%), Manganese: 1.71mg (85.66%), Vitamin B12: 5µg (83.31%), Iron: 14.28mg (79.35%), Zinc: 11.16mg (74.43%), Vitamin B6: 1.19mg (59.54%), Vitamin B5: 5.12mg (51.16%), Copper: 1.02mg (50.93%), Potassium: 1764.26mg (50.41%), Fiber: 10.38g (41.52%), Magnesium: 142.36mg (35.59%), Vitamin A: 1680.6IU (33.61%), Vitamin E: 4.83mg (32.2%), Vitamin C: 18.01mg (21.83%), Vitamin K: 16.59µg (15.8%), Vitamin D: 0.76µg (5.1%)