



Deep Dish Pizza Pie

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb sausage meat italian reduced-fat
- 1 cup onion chopped
- 1 small bell pepper green chopped
- 0.5 cup cornmeal yellow stone-ground
- 2 oz parmesan shredded
- 6 tablespoons butter cold
- 0.3 cup water boiling
- 4.5 oz mozzarella cheese

- 0.7 cup tomato sauce
- 3 oz pepperoni sliced
- 8 oz mozzarella cheese shredded
- 1 leaves basil fresh
- 2 cups frangelico

Equipment

- bowl
- frying pan
- paper towels
- oven
- blender

Directions

- Heat oven to 350°F. In 12-inch nonstick skillet, cook sausage over medium heat until no longer pink.
- Remove sausage to paper towels, reserving drippings. Cook onion and bell pepper in drippings until crisp-tender.
- In medium bowl, stir Bisquick mix, cornmeal and Parmesan cheese.
- Cut in butter, using pastry blender, until crumbly.
- Add boiling water; stir vigorously until dough forms. Spray 10-inch ovenproof skillet with cooking spray. Press dough on bottom and up side of skillet. Arrange cheese slices over crust; spread with 1/3 cup of the pizza sauce. Top with sausage and onion mixture. Arrange two-thirds of the pepperoni over onion mixture.
- Spread remaining 1/3 cup pizza sauce over pepperoni; top with shredded mozzarella cheese and remaining pepperoni.
- Bake 30 to 35 minutes or until crust is golden brown.
- Let stand 5 minutes.
- Garnish with basil.
- Cut into 8 wedges; serve with additional pizza sauce, heated, if desired.

Nutrition Facts

PROTEIN 19.11% FAT 71.58% CARBS 9.31%

Properties

Glycemic Index:50.94, Glycemic Load:5.47, Inflammation Score:-6, Nutrition Score:13.737391388935%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 514.83kcal (25.74%), Fat: 40.89g (62.91%), Saturated Fat: 19.38g (121.13%), Carbohydrates: 11.96g (3.99%), Net Carbohydrates: 10.22g (3.72%), Sugar: 2.47g (2.75%), Cholesterol: 113.52mg (37.84%), Sodium: 1085.99mg (47.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.13%), Phosphorus: 337.41mg (33.74%), Calcium: 326.56mg (32.66%), Vitamin B12: 1.73µg (28.88%), Zinc: 3.39mg (22.59%), Vitamin B3: 3.78mg (18.91%), Selenium: 13.13µg (18.76%), Vitamin B6: 0.36mg (17.93%), Vitamin B1: 0.25mg (16.7%), Vitamin B2: 0.28mg (16.44%), Vitamin A: 786.04IU (15.72%), Vitamin C: 10.75mg (13.04%), Manganese: 0.2mg (10.21%), Potassium: 350.66mg (10.02%), Magnesium: 38.77mg (9.69%), Iron: 1.59mg (8.86%), Vitamin B5: 0.77mg (7.68%), Vitamin D: 1.09µg (7.25%), Fiber: 1.74g (6.95%), Vitamin E: 0.93mg (6.2%), Copper: 0.12mg (5.85%), Vitamin K: 4.33µg (4.13%), Folate: 14.99µg (3.75%)