

health-score100%

HEALTH SCORE

Deep-Dish Pizza with Italian Sausage and Broccoli Rabe

Very Healthy

READY IN

ready

170 min.

SERVINGS

servings

2

CALORIES

calories

4221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bunch broccoli rabe washed and coarsely chopped
- ☐ 32 ounce canned tomatoes coarsely chopped canned
- ☐ 5.5 cups flour all-purpose
- ☐ 0.5 pound fontina grated
- ☐ 2 tablespoons basil leaves fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 cloves garlic finely chopped

- ☐ 0.8 pound mild sausage links to package directions and coin italian hot
- ☐ 4 teaspoons kosher salt
- ☐ 0.3 cup olive oil plus more to oil the pans
- ☐ 2 tablespoons olive oil
- ☐ 4 tablespoons olive oil
- ☐ 2 teaspoons oregano leaves fresh finely chopped
- ☐ 0.5 cup parmigiano-reggiano freshly grated
- ☐ 0.5 pound aged provolone grated
- ☐ 0.3 teaspoon chili flakes red
- ☐ 2 servings salt and pepper black freshly ground
- ☐ 2 servings tomato sauce
- ☐ 4 tablespoons butter unsalted softened
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups warm water 90 degrees F
- ☐ 2 packages quick-rise yeast dry
- ☐ 0.5 cup cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ kitchen towels
- ☐ colander

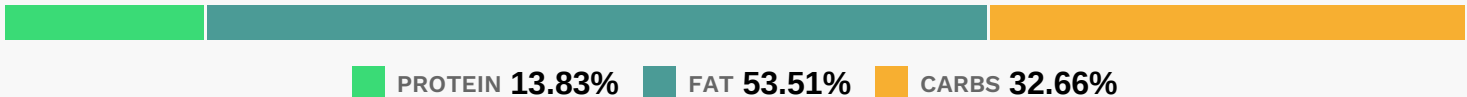
☐ pizza stone

Directions

- ☐ Bring a large pot of salted water to a boil, add the broccoli rabe and blanch for 2 minutes.
- ☐ Drain in a colander and run cold water over.
- ☐ Drain well again and squeeze out excess liquid.
- ☐ Heat 2 tablespoons of the oil, chili flakes and garlic in a large saute pan over medium heat and cook for 1 minute.
- ☐ Add the broccoli rabe, salt and pepper and cook until slightly tender, about 5 minutes.
- ☐ In a separate large saute pan, heat the remaining 2 tablespoons of oil over high heat until the oil begins to shimmer.
- ☐ Add the sausage links and using a wooden spoon, gently break up the meat into coarse pieces. Cook until deep golden brown. (You do not need to cook all the way because it will continue to cook in the oven.)
- ☐ Combine the sausage and the broccoli rabe and let cool slightly.
- ☐ Heat the oil in a medium saucepan over high heat.
- ☐ Add the garlic and cook for 30 seconds.
- ☐ Add the tomatoes and oregano, bring to a boil and cook until the mixture thickens, about 15 minutes. Stir in the basil and season with salt and pepper.
- ☐ Let cool slightly.
- ☐ Dissolve the yeast and water in the bowl of a mixer fitted with the paddle attachment.
- ☐ Add the oils and mix for 30 seconds.
- ☐ Add the cornmeal, 3 cups of the flour and salt and beat for 5 minutes. Switch to the dough hook and mix in the remaining 2 1/2 cups of flour and knead, using the dough hook for 2 minutes.
- ☐ Add the butter and knead until incorporated. The dough is a very moist dough so do not add more flour unless absolutely needed.
- ☐ Place the dough in a large bowl lightly oiled with vegetable oil, cover with plastic wrap or clean kitchen towels and let rise in a warm place until doubled in size, about 45 minutes. Punch down the dough and allow to double in size again.
- ☐ Preheat the oven to 450 degrees F.

- ☐ Place 2 pizza stones into the oven to preheat as well. Generously oil 2 (9 or 10-inch) deepdish pie pans with olive oil (about 2 tablespoons for each pan).
- ☐ Divide the dough in half and press the dough out slightly on the counter top.
- ☐ Place the dough in the prepared pans and push out to cover the bottom and up the side of the pans. (If using the 9-inch pans, pinch a 2-inch ball off each dough to make a better fit.)
- ☐ Combine the cheese in a bowl.
- ☐ Place half of the cheese of the bottom of each pie crust. Divide the sausage filling over the cheese and then top with the remaining cheese, patting the cheese firmly down over the filling. Spoon some of the sauce over the top of the cheese to cover completely.
- ☐ Place the pans into the oven on the pizza stones and bake in the oven until golden brown, about 40 minutes.
- ☐ Remove from the oven and sprinkle the top with Parmesan.
- ☐ Let the pizza rest on a baking sheet for 5 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:267.25, Glycemic Load:220.92, Inflammation Score:-10, Nutrition Score:88.863478411799%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 4221.23kcal (211.06%), Fat: 252.75g (388.84%), Saturated Fat: 93.89g (586.79%), Carbohydrates: 347.18g (115.73%), Net Carbohydrates: 317.62g (115.5%), Sugar: 29.09g (32.32%), Cholesterol: 416.26mg (138.75%), Sodium: 9277.44mg (403.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 146.98g (293.96%), Vitamin K: 402.5µg (383.33%), Vitamin B1: 5.18mg (345.53%), Selenium: 206.26µg (294.66%), Folate: 1010.91µg (252.73%), Calcium: 2224.77mg (222.48%), Manganese: 4.44mg (221.88%), Phosphorus: 2159.02mg (215.9%), Vitamin B2: 3.47mg (204.28%), Vitamin B3: 38.37mg (191.87%), Iron: 31.26mg (173.67%), Vitamin E: 23.54mg (156.92%), Vitamin A: 7611.57IU (152.23%), Zinc: 18.15mg (121.02%), Fiber: 29.56g (118.24%), Vitamin B6: 2.32mg (115.89%), Copper: 1.93mg (96.73%), Vitamin C: 79.3mg (96.12%), Potassium: 3235.15mg (92.43%), Vitamin B12: 5.46µg (91.02%), Magnesium: 350.48mg (87.62%), Vitamin B5: 6.8mg (67.99%), Vitamin D: 1.79µg (11.95%)