



Deep-Dish Sausage Pizza Bread

READY IN



47 min.

SERVINGS



47

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb bread french
- 10 oz pkt spinach frozen thawed drained chopped well
- 0.8 lb ground turkey sausage frozen thawed
- 2 Tbsp parmesan cheese grated kraft
- 1 cup mozzarella cheese shredded kraft

Equipment

- frying pan
- baking sheet

oven

Directions

Heat oven to 375F.

Cut off top 1/3 of bread; scoop out insides, leaving 1/2-inch-thick shell. Reserve top and insides of bread for another use.

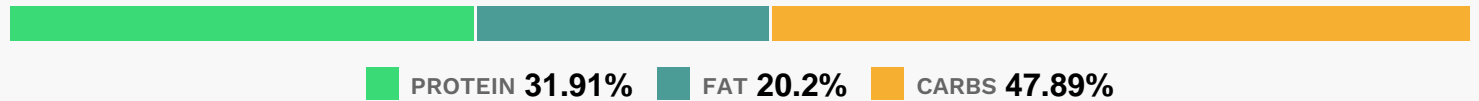
Place bread shell on baking sheet.

Cook sausage in large skillet on medium-high heat 10 min. or until lightly browned, stirring frequently to break sausage into small pieces. Stir in spinach and Parmesan.

Sprinkle 1/2 cup mozzarella onto bottom of bread shell; cover with sausage mixture and remaining mozzarella.

Bake 20 min. or until mozzarella is melted and lightly browned.

Nutrition Facts



Properties

Glycemic Index:2.29, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:4.212608696326%

Nutrients (% of daily need)

Calories: 44.15kcal (2.21%), Fat: 1g (1.54%), Saturated Fat: 0.44g (2.72%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 4.95g (1.8%), Sugar: 0.51g (0.57%), Cholesterol: 6.05mg (2.02%), Sodium: 84.92mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 22.56µg (21.49%), Vitamin A: 727.05IU (14.54%), Selenium: 5.2µg (7.43%), Vitamin B3: 1.2mg (6.01%), Folate: 21.38µg (5.34%), Vitamin B1: 0.08mg (5.3%), Manganese: 0.09mg (4.72%), Vitamin B6: 0.08mg (4.19%), Vitamin B2: 0.07mg (4.11%), Phosphorus: 39.3mg (3.93%), Iron: 0.56mg (3.1%), Calcium: 26.93mg (2.69%), Magnesium: 10.26mg (2.57%), Zinc: 0.34mg (2.27%), Potassium: 55.72mg (1.59%), Vitamin B12: 0.09µg (1.57%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.4%), Vitamin E: 0.21mg (1.37%), Vitamin B5: 0.11mg (1.06%)