



Deep-Dish Skillet Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf bread dough frozen thawed
- ☐ 0.5 cup bell pepper green sliced
- ☐ 0.5 pound sausage meat drained
- ☐ 4 servings penzey's southwest seasoning italian to taste
- ☐ 0.5 cup mushrooms sliced
- ☐ 5 oz pepperoni sliced
- ☐ 1 oz to 2 15-oz. jars pizza sauce
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 cup mozzarella cheese shredded

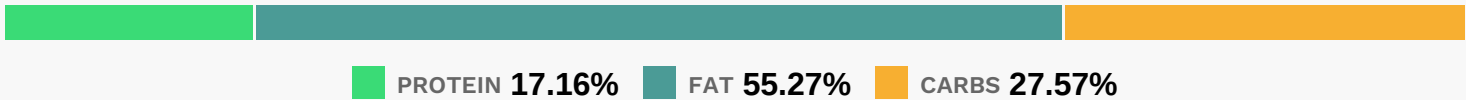
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Generously grease a large cast-iron skillet. Press thawed dough into the bottom and up the sides of skillet.
- ☐ Spread desired amount of pizza sauce over dough.
- ☐ Add favorite toppings, ending with cheeses on top.
- ☐ Bake at 425 degrees for 30 minutes. Carefully remove skillet from oven.
- ☐ Let stand several minutes; pizza will finish baking in the skillet.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:17.409999847412%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 847.54kcal (42.38%), Fat: 50.75g (78.07%), Saturated Fat: 20.4g (127.51%), Carbohydrates: 56.95g (18.98%), Net Carbohydrates: 53.79g (19.56%), Sugar: 1.36g (1.51%), Cholesterol: 125.57mg (41.86%), Sodium: 1844.93mg (80.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Phosphorus: 378.48mg (37.85%), Calcium: 372.15mg (37.21%), Selenium: 24.24µg (34.62%), Vitamin B12: 1.89µg (31.42%), Zinc: 4.08mg (27.19%), Vitamin B3: 5.12mg (25.59%), Vitamin B2: 0.43mg (25.14%), Vitamin B6: 0.4mg (20.16%), Vitamin C: 16.14mg (19.57%), Vitamin B1: 0.29mg (19.49%), Manganese: 0.31mg (15.54%), Fiber: 3.16g (12.65%), Vitamin A: 631.48IU (12.63%), Vitamin B5: 1.18mg (11.85%), Potassium: 385.15mg (11%), Vitamin K: 11.4µg (10.86%), Iron: 1.83mg (10.16%), Vitamin D: 1.5µg (10.02%), Magnesium: 34.25mg (8.56%), Copper: 0.15mg (7.35%), Vitamin E: 1.09mg

(7.28%), Folate: 17.14µg (4.29%)