



Double Crust Stuffed Pizza

READY IN



165 min.

SERVINGS



8

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons active yeast dry
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.5 pound bulk sausage italian
- ☐ 8 ounce canned tomatoes crushed canned
- ☐ 2 cups flour all-purpose
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 bell pepper green chopped
- ☐ 1 teaspoon olive oil

- ☐ 4 ounce pepperoni sliced
- ☐ 0.5 bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 3 cups mozzarella cheese shredded divided
- ☐ 1 cup warm water (100 degrees F/40 degrees C)
- ☐ 1.5 teaspoons sugar white

Equipment

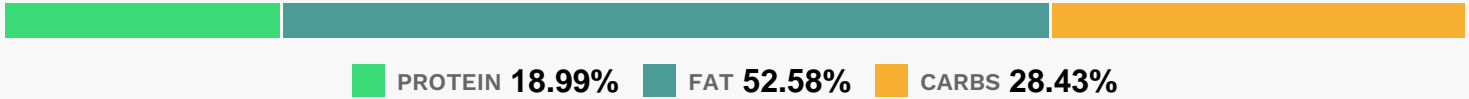
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ stand mixer
- ☐ springform pan

Directions

- ☐ Combine the white sugar and the warm water in a large bowl or in the work bowl of a stand mixer.
- ☐ Sprinkle the yeast over the warm sugar water, and let stand for 5 minutes until the yeast softens and begins to form a creamy foam. Stir 1 tablespoon olive oil into the yeast mixture.
- ☐ Stir 1/2 teaspoon salt into the flour.
- ☐ Mix half of the flour mixture into the yeast water, and stir until no dry spots remain. Stir in the remaining flour, a 1/2 cup at a time, mixing well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes (or mix with dough hook in stand mixer).
- ☐ Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a light cloth, and let rise in a warm place until doubled in volume, about 1 hour.
- ☐ Combine the crushed tomatoes, brown sugar, garlic powder, 1 teaspoon olive oil, and salt in small saucepan. Cover pan, and cook over low heat until tomatoes start to break down, about 30 minutes.

- ☐ Preheat an oven to 450 degrees F (230 degrees C). Deflate the dough and turn it out onto a lightly floured surface.
- ☐ Cut the dough into 2 equal pieces.
- ☐ Roll one piece into a 12 inch thin circle.
- ☐ Roll the other half into a thicker, 9 inch circle.
- ☐ Place the 12 inch dough round into an ungreased 9 inch springform pan.
- ☐ Sprinkle dough with 1 cup of cheese. Shape sausage into a 9 inch patty and place in pan on top of the cheese.
- ☐ Layer pepperoni, mushrooms, green pepper, red pepper, and remaining cheese on top of sausage patty. Top with the 9 inch dough round and pinch edges to seal.
- ☐ Cut several 1/2 inch vent holes in the top crust.
- ☐ Spread sauce evenly on the top crust, leaving a 1/2 inch border at the edges.
- ☐ Bake pizza in the preheated oven until the crust is set, the cheese is melted, and the sausage is cooked through, 40 to 45 minutes.
- ☐ Let hot pizza rest for 15 minutes before cutting into wedges and serving.

Nutrition Facts



Properties

Glycemic Index:43.14, Glycemic Load:19.03, Inflammation Score:-7, Nutrition Score:17.645652066106%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 443.53kcal (22.18%), Fat: 25.9g (39.84%), Saturated Fat: 11.39g (71.16%), Carbohydrates: 31.5g (10.5%), Net Carbohydrates: 29.38g (10.68%), Sugar: 5.02g (5.58%), Cholesterol: 68.48mg (22.83%), Sodium: 882.19mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.05g (42.1%), Selenium: 31.8µg (45.43%), Vitamin B1: 0.57mg (38.32%), Vitamin B2: 0.52mg (30.48%), Phosphorus: 286.51mg (28.65%), Vitamin B3: 5.23mg (26.17%), Calcium: 238.9mg (23.89%), Vitamin B12: 1.41µg (23.53%), Vitamin C: 19.27mg (23.36%), Folate: 89.53µg (22.38%), Manganese: 0.41mg (20.71%), Zinc: 2.61mg (17.38%), Iron: 2.76mg (15.35%), Vitamin B6: 0.29mg (14.42%), Copper:

0.24mg (12.13%), Vitamin A: 605.26IU (12.11%), Vitamin B5: 1.12mg (11.25%), Potassium: 387.7mg (11.08%), Fiber: 2.12g (8.49%), Magnesium: 32.55mg (8.14%), Vitamin E: 0.82mg (5.47%), Vitamin K: 4.6µg (4.38%), Vitamin D: 0.41µg (2.73%)