



WHATSheATE



Duck Sausage Pizza with Green Onions and Tomato

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings parsley fresh minced
- ☐ 2 garlic clove minced
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 ounces parmesan cheese freshly grated
- ☐ 10 ounce uncook pizza crust thin (such as Boboli)
- ☐ 0.1 teaspoon pepper dried red crushed

- ☐ 0.5 cup tomatoes chopped
- ☐ 2 turkey sausage smoked sliced

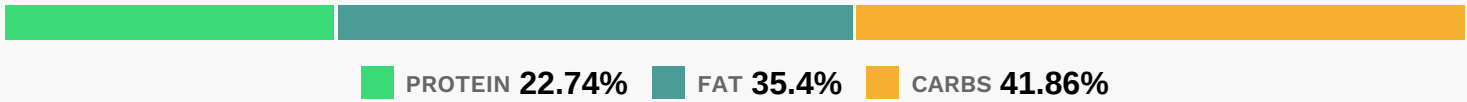
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in center of oven and preheat to 450°F.
- ☐ Mix olive oil, minced garlic and dried crushed red pepper in small bowl.
- ☐ Place pizza crust on rimless baking sheet.
- ☐ Sprinkle grated mozzarella cheese over all but 1-inch border of crust. Top mozzarella with chopped tomato, then oregano, sliced sausages, chopped green onions and grated Parmesan, in that order.
- ☐ Drizzle garlic-oil mixture over pizza.
- ☐ Bake pizza until crust edges are crisp and brown and cheese melts, about 15 minutes.
- ☐ Sprinkle pizza with minced fresh parsley.
- ☐ Cut pizza into wedges and then serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:12.787391459164%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 367.09kcal (18.35%), Fat: 14.37g (22.11%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 38.23g (12.74%), Net Carbohydrates: 36.43g (13.25%), Sugar: 1.83g (2.03%), Cholesterol: 51.62mg (17.21%), Sodium: 902.85mg (39.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.53%), Vitamin K: 88.25µg (84.05%), Calcium: 189.47mg (18.95%), Phosphorus: 180.13mg (18.01%), Iron: 3.21mg (17.81%), Zinc: 2.32mg (15.49%), Vitamin B6: 0.3mg (14.91%), Vitamin A: 732.44IU (14.65%), Vitamin B12: 0.88µg (14.63%), Vitamin B3: 2.84mg (14.22%), Vitamin C: 11.21mg (13.59%), Vitamin B2: 0.19mg (10.97%), Potassium: 267.31mg (7.64%), Fiber: 1.8g (7.21%), Vitamin B5: 0.66mg (6.61%), Vitamin E: 0.88mg (5.86%), Selenium: 4.01µg (5.73%), Magnesium: 21.31mg (5.33%), Manganese: 0.1mg (5.02%), Folate: 18.32µg (4.58%), Vitamin B1: 0.06mg (4.33%), Copper: 0.08mg (4.17%)