



WHATSheATE



EZ Pizza for Kids

READY IN



26 min.

SERVINGS



1

CALORIES



2543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 0.5 cup pizza sauce
- ☐ 8 ounce crescent rolls refrigerated
- ☐ 1 teaspoon seasoning blend italian
- ☐ 1 cup mozzarella cheese shredded

Equipment

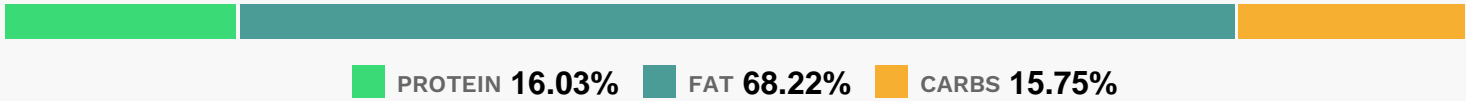
- ☐ frying pan
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Cook the sausage in a skillet over medium-high heat until crumbly and evenly browned. Stir in the Italian seasoning.
- ☐ Drain, and set aside.
- ☐ Place the crescent roll dough on a baking sheet and roll into 9x13 inch rectangle. Spoon pizza sauce over the middle of dough, and top with Mozzarella cheese, then cooked sausage. Fold two opposite sides of the dough in towards the center to cover the sausage mixture; pinch edges of dough together in a few places to seal.
- ☐ Bake in preheated oven until crust is browned, 11 to 14 minutes.

Nutrition Facts



Properties

Glycemic Index:105, Glycemic Load:2.79, Inflammation Score:-8, Nutrition Score:46.013912905817%

Nutrients (% of daily need)

Calories: 2543.41kcal (127.17%), Fat: 194.58g (299.36%), Saturated Fat: 75.12g (469.51%), Carbohydrates: 101.05g (33.68%), Net Carbohydrates: 98.37g (35.77%), Sugar: 28.28g (31.42%), Cholesterol: 415.07mg (138.36%), Sodium: 5948.59mg (258.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.87g (205.73%), Vitamin B3: 22.76mg (113.78%), Vitamin B12: 6.41µg (106.82%), Phosphorus: 1044.86mg (104.49%), Zinc: 13.44mg (89.58%), Vitamin B1: 1.31mg (87.59%), Vitamin B6: 1.57mg (78.52%), Calcium: 655.51mg (65.55%), Iron: 10.3mg (57.21%), Vitamin B2: 0.96mg (56.5%), Potassium: 1599.05mg (45.69%), Vitamin D: 6.34µg (42.3%), Vitamin B5: 3.6mg (35.98%), Vitamin A: 1661.76IU (33.24%), Selenium: 19.86µg (28.38%), Magnesium: 109.68mg (27.42%), Copper: 0.47mg (23.26%), Vitamin E: 3.2mg (21.36%), Vitamin K: 20.25µg (19.29%), Manganese: 0.29mg (14.36%), Vitamin C: 11.8mg (14.3%), Fiber: 2.69g (10.75%), Folate: 28.14µg (7.04%)