



Farmers' Market Pizza

READY IN



110 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz mozzarella fresh sliced
- ☐ 1 pound pizza dough
- ☐ 1.5 cups savory vegetable
- ☐ 0.3 pound ground sausage italian crumbled cooked
- ☐ 0.5 cup tomato sauce quick
- ☐ 6 servings cornmeal plain white

Equipment

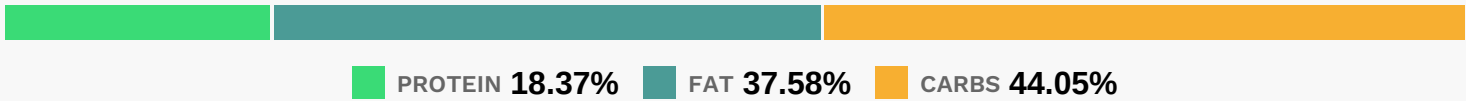
- ☐ baking sheet

- ☐ oven
- ☐ pizza stone

Directions

- ☐ Preheat oven to 50
- ☐ Heat a pizza stone or baking sheet in oven 30 minutes.
- ☐ Meanwhile, lightly dust a second baking sheet with cornmeal. Stretch pizza dough into a 12- to 14-inch circle on baking sheet.
- ☐ Spread Quick Tomato Sauce over dough. Top with mozzarella slices and Italian sausage. Arrange Farmers' Market Roasted Vegetables over pizza; season with kosher salt and freshly ground pepper to taste.
- ☐ Slide pizza from baking sheet onto hot pizza stone or baking sheet in oven.
- ☐ Bake at 500 for 15 minutes or until crust is thoroughly cooked, edges are golden, and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:2.54, Inflammation Score:-9, Nutrition Score:11.014347848685%

Nutrients (% of daily need)

Calories: 402.76kcal (20.14%), Fat: 17.06g (26.25%), Saturated Fat: 7.74g (48.41%), Carbohydrates: 44.99g (15%), Net Carbohydrates: 41.63g (15.14%), Sugar: 5.82g (6.46%), Cholesterol: 44.23mg (14.74%), Sodium: 1039.94mg (45.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.53%), Vitamin A: 2654.42IU (53.09%), Calcium: 208.63mg (20.86%), Phosphorus: 195.8mg (19.58%), Vitamin B12: 1.03µg (17.23%), Iron: 3.1mg (17.2%), Selenium: 11.42µg (16.31%), Fiber: 3.36g (13.46%), Vitamin B1: 0.18mg (12.15%), Zinc: 1.72mg (11.49%), Vitamin B2: 0.19mg (11.3%), Manganese: 0.16mg (8.08%), Vitamin C: 6.54mg (7.93%), Vitamin B3: 1.45mg (7.27%), Vitamin B6: 0.14mg (7.01%), Potassium: 238.07mg (6.8%), Magnesium: 25.44mg (6.36%), Folate: 19.51µg (4.88%), Copper: 0.09mg (4.36%), Vitamin B5: 0.31mg (3.12%), Vitamin E: 0.37mg (2.46%), Vitamin K: 1.45µg (1.38%), Vitamin D: 0.15µg (1.01%)