



French-Bread Pizza with Sausage, Clams, and Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 6.5 ounce clams undrained chopped canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 16 ounce bread french cut in half horizontally
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 ounce sausage sweet italian
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1.5 cups mushrooms sliced

- ☐ 0.5 teaspoon oregano dried
- ☐ 3 ounces parmesan fresh divided grated

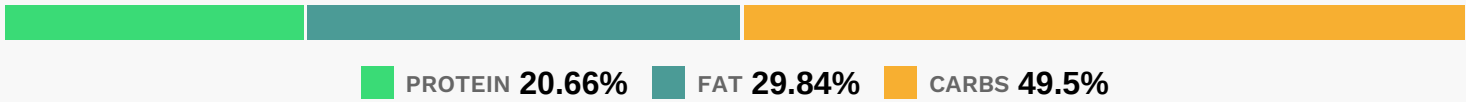
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Remove casing from sausage. Cook sausage in a large nonstick skillet over medium heat until browned, stirring to crumble.
- ☐ Add flour, and cook 2 minutes, stirring frequently.
- ☐ Add the mushrooms, milk, oregano, pepper, and clams; bring to a boil, stirring constantly. Reduce heat; simmer 5 minutes or until thick.
- ☐ Remove from heat. Stir in 1/2 cup cheese.
- ☐ Place bread halves on a baking sheet; spread clam mixture evenly over cut sides of bread.
- ☐ Sprinkle with 1/4 cup cheese and parsley.
- ☐ Bake at 400 for 12 minutes or until golden brown.
- ☐ Cut each half into 3 pieces.

Nutrition Facts



Properties

Glycemic Index:56.42, Glycemic Load:32.02, Inflammation Score:-6, Nutrition Score:17.167391466058%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 354.41kcal (17.72%), Fat: 11.77g (18.11%), Saturated Fat: 5g (31.23%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 41.82g (15.21%), Sugar: 5.08g (5.65%), Cholesterol: 26.37mg (8.79%), Sodium: 832.64mg (36.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.65%), Selenium: 34.41µg (49.16%), Vitamin B1: 0.7mg (46.81%), Vitamin B2: 0.54mg (31.89%), Vitamin B3: 5.37mg (26.87%), Folate: 107.2µg (26.8%), Phosphorus: 258.39mg (25.84%), Calcium: 242.9mg (24.29%), Manganese: 0.46mg (22.93%), Vitamin K: 23.78µg (22.65%), Iron: 3.75mg (20.85%), Vitamin B12: 0.99µg (16.54%), Zinc: 1.78mg (11.89%), Copper: 0.22mg (11.04%), Magnesium: 40.21mg (10.05%), Vitamin B6: 0.19mg (9.59%), Vitamin B5: 0.87mg (8.69%), Fiber: 2.1g (8.38%), Potassium: 271.73mg (7.76%), Vitamin A: 278.45IU (5.57%), Vitamin C: 2.66mg (3.22%), Vitamin D: 0.34µg (2.23%), Vitamin E: 0.27mg (1.8%)