



Fresh Mozzarella, Basil, and Chicken Sausage Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 links mild chicken sausage italian sliced (6 ounces total) (such as Applegate brand)
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup basil fresh divided
- ☐ 8 ounces mozzarella fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 10 ounces tomatoes
- ☐ 1 pound pizza dough fresh whole wheat thawed

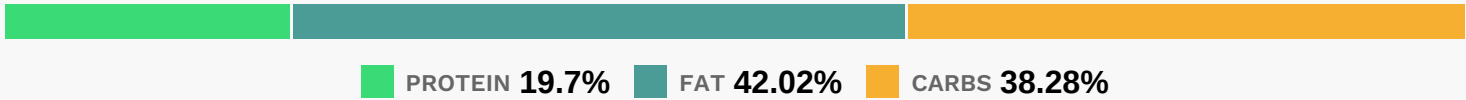
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position one oven rack in middle of oven and another on the lowest setting.
- ☐ Place a flat baking sheet on the bottom rack. Preheat oven to 47
- ☐ Roll dough into a large, thin oval (about 18 inches long).
- ☐ Brush oil over dough.
- ☐ Remove preheated baking sheet from oven. Slide dough onto sheet and return to bottom rack.
- ☐ Bake for 8 minutes, then remove crust from oven.
- ☐ Meanwhile, clean hands, crush tomatoes, crushed red pepper, oregano, and 1/4 cup basil in a medium bowl.
- ☐ Spread suace in an even layer over crust, leaving a 1/4-inch border. Top with mozzarella and sausage.
- ☐ Bake on middle rack an additional 10 minutes or until crust is golden brown and cheese melts.
- ☐ Sprinkle with remaining basil; cut into 12 slices or wedges and serve.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:7.0339131044305%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 359.63kcal (17.98%), Fat: 17.55g (27%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 32.67g (11.88%), Sugar: 1.99g (2.21%), Cholesterol: 49.86mg (16.62%), Sodium: 849mg (36.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Calcium: 200.78mg (20.08%), Vitamin A: 880.75IU (17.62%), Phosphorus: 146.64mg (14.66%), Vitamin B12: 0.86µg (14.36%), Vitamin K: 14.91µg (14.2%), Fiber: 3.32g (13.27%), Selenium: 6.45µg (9.22%), Vitamin C: 7.23mg (8.77%), Zinc: 1.21mg (8.04%), Vitamin B2: 0.12mg (6.98%), Vitamin E: 0.73mg (4.84%), Manganese: 0.09mg (4.69%), Potassium: 149.31mg (4.27%), Iron: 0.66mg (3.65%), Magnesium: 14.39mg (3.6%), Vitamin B6: 0.06mg (2.88%), Folate: 11.31µg (2.83%), Copper: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.99%), Vitamin B3: 0.35mg (1.76%), Vitamin D: 0.15µg (1.01%), Vitamin B5: 0.1mg (1.01%)