



Grilled Sausage and Ricotta Pizza Sandwich

READY IN



60 min.

SERVINGS



4

CALORIES



1289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil fresh
- ☐ 3 garlic clove minced
- ☐ 0.8 teaspoon garlic powder
- ☐ 4 ground sausage split italian
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 6 tablespoons parmesan canned
- ☐ 2 pound pizza dough store-bought (See Notes)
- ☐ 56 ounce plum tomatoes coarsely chopped canned

- ☐ 1 teaspoon pepper red
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup semolina flour
- ☐ 4 ounces milk whole crumbled
- ☐ 2 tablespoons tomato paste
- ☐ 2 ounces butter unsalted melted
- ☐ 1 small onion yellow finely chopped

Equipment

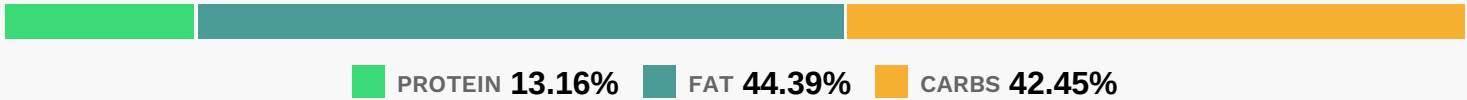
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ For the Bread: Adjust oven racks to upper middle and lower middle positions and preheat oven to 450°F.
- ☐ Sprinkle 2 tablespoons semolina over 1 baking sheet.
- ☐ Sprinkle remaining 2 tablespoons on second baking sheet.
- ☐ Using fingertips, gently press 1 pizza dough into prepared baking sheet, creating a 10- by 14-inch rectangle; repeat with second dough and baking sheet.
- ☐ Brush each dough with 2 tablespoons butter.
- ☐ In small bowl, combine, Parmesan, oregano, and garlic powder.
- ☐ Sprinkle entire mixture over buttered dough and gently press in with fingertips.
- ☐ Bake for 15 to 20 minutes until puffed and golden, alternating baking sheets' positions halfway through baking.
- ☐ Transfer to cooling racks and cool to room temperature.

- ☐ For the Sauce: Meanwhile, heat oil over medium-high heat in large heavy-bottomed saucepan until shimmering.
- ☐ Add onion and cook, stirring, until softened and translucent, about 5 minutes.
- ☐ Add tomato paste, garlic, and red pepper flakes and cook, stirring, until fragrant and paste begins to darken, 1 to 2 minutes.
- ☐ Drain and discard liquid from 1 can of tomatoes and stir in along with second can of tomatoes, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cook, mashing tomatoes with stirring spoon, until sauce thickens, about 15 minutes. Reserve 1/4 cup basil and stir in the rest.
- ☐ For the Sausages: Split sausages in half lengthwise and brush all sides with 1 tablespoon oil.
- ☐ Heat grill or grill pan and brush with remaining 1 tablespoon oil. Cook until charred and no longer pink, 5 to 7 minutes.
- ☐ Cut each dough into 4 pieces. Arrange 1 sausage on top of plain pizza bread. Top with sauce, crumbled cheese, and reserved basil. Top with Parmesan-herb pizza bread.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:9.92, Inflammation Score:-10, Nutrition Score:36.595651792443%

Flavonoids

Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 1288.82kcal (64.44%), Fat: 64.59g (99.37%), Saturated Fat: 24.55g (153.44%), Carbohydrates: 138.97g (46.32%), Net Carbohydrates: 128.98g (46.9%), Sugar: 27.78g (30.87%), Cholesterol: 124.1mg (41.37%), Sodium: 2878.13mg (125.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.1g (86.2%), Vitamin A: 4369.16IU (87.38%), Vitamin C: 61.48mg (74.52%), Vitamin K: 69.44µg (66.13%), Vitamin B1: 0.91mg (60.84%), Selenium: 40.66µg (58.09%), Iron: 10.07mg (55.94%), Potassium: 1458.92mg (41.68%), Manganese: 0.8mg (40.16%), Fiber: 9.99g (39.97%), Vitamin B6: 0.79mg (39.73%), Phosphorus: 376.49mg (37.65%), Vitamin B3: 7.13mg (35.64%),

Vitamin E: 4.31mg (28.75%), Vitamin B2: 0.43mg (25.13%), Folate: 99.87µg (24.97%), Calcium: 228.56mg (22.86%),
Zinc: 3.35mg (22.3%), Vitamin B12: 1.29µg (21.44%), Copper: 0.43mg (21.44%), Magnesium: 84.65mg (21.16%),
Vitamin B5: 1.22mg (12.17%), Vitamin D: 0.56µg (3.75%)