



Hearty Meat Lover's Pizza

 Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



2096 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 package yeast dry
- ☐ 1 cup water (105°F to 115°F)
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup flour whole wheat
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 1 serving cornmeal
- ☐ 1 lb sausage meat italian

- ☐ 1 cup onion chopped
- ☐ 8 oz tomato sauce canned
- ☐ 1 cup bell pepper green chopped
- ☐ 2.3 oz olives ripe drained sliced canned
- ☐ 3.5 oz pepperoni sliced
- ☐ 8 oz mozzarella cheese shredded

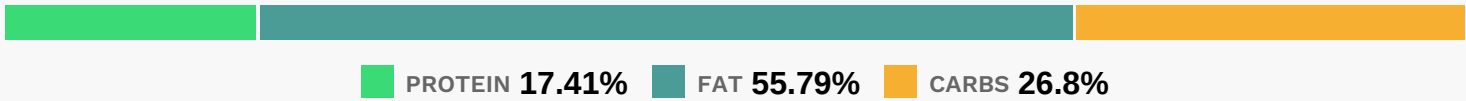
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ In medium bowl, dissolve yeast in warm water. Stir in flours, oil and salt. Beat vigorously 20 strokes with spoon.
- ☐ Let dough rest in bowl 20 minutes.
- ☐ Meanwhile, move oven rack to lowest position; heat oven to 425°F. Grease 2 cookie sheets or 12-inch pizza pans with additional oil.
- ☐ Sprinkle with cornmeal. In 10-inch skillet, cook sausage and onion over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink and onion is tender; drain.
- ☐ Divide dough in half. With floured fingers, pat each half into 11-inch round on cookie sheet.
- ☐ Spread pizza sauce over dough rounds. Top each with sausage mixture, bell pepper, olives, pepperoni and cheese.
- ☐ Bake 15 to 20 minutes or until cheese is melted and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:154.25, Glycemic Load:58.58, Inflammation Score:-10, Nutrition Score:67.348695837933%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg, Quercetin: 17.89mg

Nutrients (% of daily need)

Calories: 2096.11kcal (104.81%), Fat: 130.49g (200.75%), Saturated Fat: 46.98g (293.62%), Carbohydrates: 141.05g (47.02%), Net Carbohydrates: 125.31g (45.57%), Sugar: 11.13g (12.37%), Cholesterol: 301mg (100.33%), Sodium: 4570.11mg (198.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 91.62g (183.23%), Manganese: 3.78mg (189%), Vitamin B1: 2.34mg (156.16%), Selenium: 104.47µg (149.25%), Vitamin B3: 24.95mg (124.75%), Phosphorus: 1204.98mg (120.5%), Vitamin C: 75.35mg (91.34%), Vitamin B2: 1.55mg (91.19%), Vitamin B12: 5.16µg (86.01%), Zinc: 12.6mg (84.01%), Vitamin B6: 1.67mg (83.34%), Folate: 328.06µg (82.02%), Calcium: 700.53mg (70.05%), Iron: 12.09mg (67.14%), Fiber: 15.74g (62.97%), Magnesium: 210.59mg (52.65%), Potassium: 1749.69mg (49.99%), Copper: 0.88mg (44.2%), Vitamin B5: 4.07mg (40.73%), Vitamin K: 42.3µg (40.29%), Vitamin E: 5.91mg (39.4%), Vitamin A: 1835.67IU (36.71%), Vitamin D: 4.05µg (26.98%)