



 **76%**
HEALTH SCORE

Hearty Meat Lover's Pizza

 Very Healthy

READY IN



50 min.

SERVINGS



2

CALORIES



2115 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb sausage meat italian
- 2 servings cornmeal
- 1 cup flour whole wheat
- 1.5 cups flour all-purpose
- 1 cup bell pepper green chopped
- 2.3 oz olives ripe drained sliced canned
- 1 cup onion chopped
- 3.5 oz pepperoni sliced

- 8 oz tomato sauce canned
- 0.5 teaspoon salt
- 8 oz mozzarella cheese shredded
- 2 tablespoons vegetable oil
- 1 cup water (105°F to 115°F)
- 1 package yeast dry

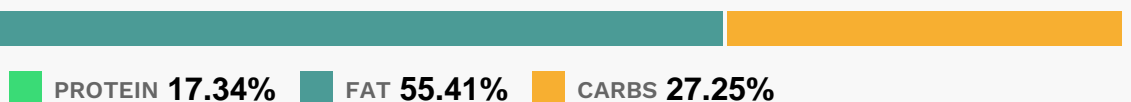
Equipment

- 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 425F. 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:60.75, Inflammation Score:-10, Nutrition Score:67.731304500414%

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: 2115.31kcal (105.77%), Fat: 130.78g (201.21%), Saturated Fat: 47.03g (293.95%), Carbohydrates: 144.7g (48.23%), Net Carbohydrates: 128.49g (46.72%), Sugar: 11.21g (12.46%), Cholesterol: 301mg (100.33%), Sodium: 4570.31mg (198.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 92.11g (184.22%), Manganese: 3.81mg (190.6%), Vitamin B1: 2.36mg (157.16%), Selenium: 104.77µg (149.67%), Vitamin B3: 25.07mg (125.36%), Phosphorus: 1216.23mg (121.62%), Vitamin B2: 1.55mg (91.47%), Vitamin C: 75.35mg (91.34%), Vitamin B12: 5.16µg (86.01%), Zinc: 12.76mg (85.04%), Vitamin B6: 1.7mg (84.82%), Folate: 329.76µg (82.44%), Calcium: 700.83mg (70.08%), Iron: 12.23mg (67.97%), Fiber: 16.21g (64.85%), Magnesium: 215.94mg (53.99%), Potassium: 1765.79mg (50.45%), Copper: 0.9mg (44.81%), Vitamin B5: 4.1mg (41.03%), Vitamin K: 42.31µg (40.3%), Vitamin E: 5.93mg (39.53%), Vitamin A: 1835.67IU (36.71%), Vitamin D: 4.05µg (26.98%)