

Hot and Spicy Pie

READY IN



55 min.

SERVINGS



2

CALORIES



1199 kcal

Ingredients

- ☐ 1 tablespoon cayenne pepper
- ☐ 1 teaspoon basil dried
- ☐ 8 basil leaves fresh
- ☐ 1 tablespoon garlic powder
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons coarsely ground pepper black
- ☐ 2 servings olive oil extra-virgin for brushing
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 cup pepperoni sliced
- ☐ 1 pound pizza dough

- ☐ 0.8 cup pizza sauce
- ☐ 2 mild sausage links to package directions and coin hot
- ☐ 1 tablespoon sea salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 2 chicken breasts boneless skinless
- ☐ 1 tablespoon pepper white

Equipment

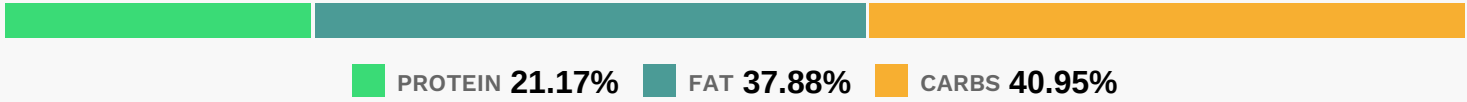
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ grill pan
- ☐ pizza stone

Directions

- ☐ Put a pizza stone or upside-down baking sheet in the oven; preheat to 500 degrees F.
- ☐ Combine the salt, cayenne, white pepper, garlic powder, black pepper, cumin and dried basil in a bowl.
- ☐ Brush the chicken with olive oil, then rub with the spices.
- ☐ Heat a grill pan to medium high; grill the chicken until cooked through, about 7 minutes per side. Grill the sausage, turning, until cooked through, 10 to 12 minutes.
- ☐ Let cool, then dice the chicken and crumble the sausage.
- ☐ Stretch the pizza dough on a floured surface into a 12-inch round. Put on a cornmeal-dusted pizza peel or upside-down baking sheet; slide the dough onto the hot pizza stone or baking sheet and cook 7 minutes.
- ☐ Slide the crust back onto the peel.
- ☐ Spread with the pizza sauce, then top with 1/2 cup mozzarella, the chicken, pepperoni and sausage.

- ☐
- Sprinkle with the remaining 1/2 cup mozzarella and the parmesan. Return the pizza to the oven and bake until bubbly, about 7 more minutes. Top with the fresh basil.
- ☐
- Photograph by Con Poulos
- ☐
- ACTIVE: 40 min | TOTAL: 55 min | MAKES: one 12-inch pizza

Nutrition Facts



Properties

Glycemic Index:136, Glycemic Load:2.61, Inflammation Score:-9, Nutrition Score:33.401739120483%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 1199.19kcal (59.96%), Fat: 51.07g (78.57%), Saturated Fat: 16.94g (105.87%), Carbohydrates: 124.24g (41.41%), Net Carbohydrates: 116.58g (42.39%), Sugar: 18.34g (20.38%), Cholesterol: 149.01mg (49.67%), Sodium: 6491.33mg (282.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.24g (128.47%), Selenium: 53.59µg (76.56%), Vitamin B3: 14.81mg (74.07%), Iron: 11.15mg (61.96%), Vitamin B6: 1.23mg (61.41%), Phosphorus: 586.81mg (58.68%), Manganese: 0.86mg (42.95%), Calcium: 409.94mg (40.99%), Vitamin A: 2033.24IU (40.66%), Vitamin K: 34.12µg (32.49%), Vitamin B12: 1.92µg (32.07%), Vitamin E: 4.8mg (31.97%), Fiber: 7.67g (30.67%), Potassium: 1012.73mg (28.94%), Vitamin B2: 0.46mg (27.03%), Zinc: 3.89mg (25.91%), Vitamin B5: 2.36mg (23.56%), Magnesium: 86.89mg (21.72%), Vitamin B1: 0.25mg (16.52%), Copper: 0.3mg (14.81%), Vitamin C: 11.07mg (13.41%), Folate: 25.97µg (6.49%), Vitamin D: 0.81µg (5.37%)