



Italian Sausage Bread Pizza

READY IN



35 min.

SERVINGS



8

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pork sausage italian
- 2 tablespoons olive oil
- 1 onion halved thinly sliced
- 2 cloves garlic finely chopped
- 1 cup pasta sauce
- 1.5 teaspoons oregano dried
- 0.3 teaspoon pepper red crushed
- 0.3 teaspoon salt
- 1 loaf bread french (14 inches long)

- 0.7 cup ricotta cheese
- 8 oz mozzarella cheese shredded
- 0.3 cup parmesan cheese grated

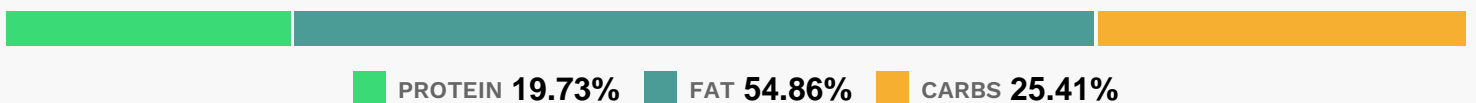
Equipment

- frying pan
- baking sheet
- oven
- serrated knife

Directions

- Heat oven to 425°F. Lightly spray large cookie sheet with cooking spray.
- In 12-inch skillet, cook sausage over medium-high heat 8 minutes, stirring occasionally, until no longer pink. Push sausage to edges of skillet; add 1 tablespoon of the oil.
- Add onion and garlic; cook 5 minutes, stirring occasionally, until onion is softened.
- Remove from heat; stir in pizza sauce, oregano, pepper flakes and salt.
- With serrated knife, cut bread in half lengthwise; scoop out center of each bread half, leaving 1/2-inch border (discard removed bread or reserve for making bread crumbs).
- Place bread halves on cookie sheet.
- Spread 1/3 cup of the ricotta cheese down center of each; top evenly with sausage mixture, mozzarella cheese and Parmesan cheese.
- Drizzle loaves with remaining 1 tablespoon oil.
- Bake 6 minutes or until thoroughly heated and cheese is melted.
- Cut into slices.
- Sprinkle with chopped fresh parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:21.22, Inflammation Score:-7, Nutrition Score:16.123043599336%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 488.61kcal (24.43%), Fat: 29.78g (45.82%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 29.04g (10.56%), Sugar: 4.36g (4.85%), Cholesterol: 76.48mg (25.49%), Sodium: 1131.1mg (49.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.1g (48.2%), Vitamin B1: 0.54mg (35.93%), Selenium: 23.6µg (33.71%), Phosphorus: 296.01mg (29.6%), Vitamin B3: 5.48mg (27.4%), Calcium: 259.76mg (25.98%), Vitamin B2: 0.44mg (25.94%), Vitamin B12: 1.24µg (20.68%), Zinc: 3.07mg (20.44%), Iron: 3.31mg (18.37%), Folate: 73.02µg (18.25%), Manganese: 0.36mg (18.01%), Vitamin B6: 0.31mg (15.5%), Potassium: 368.14mg (10.52%), Vitamin A: 511.02IU (10.22%), Magnesium: 40.24mg (10.06%), Vitamin E: 1.35mg (8.97%), Copper: 0.17mg (8.4%), Fiber: 1.99g (7.96%), Vitamin B5: 0.76mg (7.62%), Vitamin K: 6.94µg (6.61%), Vitamin D: 0.91µg (6.05%), Vitamin C: 3.8mg (4.61%)