



Italian Turkey Sausage Pizza

READY IN



135 min.

SERVINGS



6

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup monterrey jack cheese shredded
- 1 tablespoon yeast dry
- 2 tablespoons olive oil extra virgin
- 0.3 basil fresh
- 1 garlic clove minced crushed
- 1 teaspoon garlic powder
- 1 lb turkey sausage italian
- 1 teaspoon kosher salt
- 2 tablespoons olive oil

- 1 teaspoon onion powder
- 0.3 cup parmesan grated
- 1 large onion red chopped
- 0.5 teaspoon salt
- 1 cup mozzarella cheese shredded
- 1 teaspoon sugar
- 1.5 cups water (105-115F)
- 1.5 cups flour white
- 10 large mushrooms white sliced
- 14.5 ounces tomatoes whole crushed
- 2 cups flour whole wheat

Equipment

- bowl
- oven
- pizza pan

Directions

- Mix yeast and water in a large bowl; place in warm spot for about five minutes. Sift flour, salt, and sugar into the yeast.
- Mix well, then add olive oil and form a soft ball. Knead on floured surface until soft and elastic (about five minutes). Shape into ball and place in a lightly oiled bowl. Cover with a clean towel and place in a warm spot for about one hour. Punch down dough and reshape into ball. Cover and let sit another 20 minutes, or until it rises again. Preheat oven to 375 degrees. Shape dough into flat round shape and stretch onto pizza pan or hand toss and place on floured surface. Press fingertips into surface of dough until entire surface is dimpled.
- Brush olive oil over entire surface of pizza dough.
- Combine tomatoes, basil, 1 tsp salt, garlic and onion powder, and garlic together. Divide and spread evenly over dough. In layers add sausage, onion, mushroom, and cheeses.
- Sprinkle crust with left over parmesan cheese.

Bake in oven for 25 minutes or until crust is golden and cheese is gooey.

Remove from oven and let rest for 5 minutes before slicing.

Nutrition Facts

PROTEIN 20.21% **FAT 39.92%** **CARBS 39.87%**

Properties

Glycemic Index:71.35, Glycemic Load:19.32, Inflammation Score:-8, Nutrition Score:34.186086670212%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg 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: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 630.66kcal (31.53%), Fat: 28.56g (43.93%), Saturated Fat: 10.87g (67.94%), Carbohydrates: 64.18g (21.39%), Net Carbohydrates: 56.57g (20.57%), Sugar: 7.03g (7.81%), Cholesterol: 74.41mg (24.8%), Sodium: 1591.34mg (69.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.54g (65.08%), Manganese: 2.04mg (101.97%), Selenium: 62.89µg (89.84%), Iron: 10.94mg (60.76%), Phosphorus: 557.91mg (55.79%), Vitamin B3: 8.74mg (43.72%), Vitamin B1: 0.65mg (43.51%), Vitamin C: 34.77mg (42.15%), Vitamin B2: 0.69mg (40.69%), Calcium: 335.52mg (33.55%), Vitamin B6: 0.63mg (31.69%), Folate: 122.18µg (30.54%), Fiber: 7.61g (30.43%), Zinc: 4.54mg (30.24%), Magnesium: 105.91mg (26.48%), Copper: 0.49mg (24.54%), Vitamin A: 988.01IU (19.76%), Potassium: 689.78mg (19.71%), Vitamin B5: 1.82mg (18.22%), Vitamin B12: 0.97µg (16.21%), Vitamin E: 2.12mg (14.15%), Vitamin K: 13.03µg (12.4%), Vitamin D: 0.29µg (1.9%)