



## Johnsonville Easy Sausage Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bell pepper green chopped
- 19.8 ounce ground sausage italian johnsonville®
- 1 pre-baked packaged pizza crust
- 1 cup pizza sauce
- 1.3 cups mozzarella cheese shredded divided

### Equipment

- oven

## Directions

- Remove sausage from casing and pinch into dime-sized pieces.
- Spread sauce over crust; sprinkle with 1 cup cheese.
- Add Italian Sausage pieces and green pepper.
- Top with the remaining cheese.
- Bake according to crust package directions or until sausage is no longer pink (160 degrees F) and cheese is melted.

## Nutrition Facts

 PROTEIN **17.23%**  FAT **58.14%**  CARBS **24.63%**

## Properties

Glycemic Index:27.5, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:20.114347755909%

## Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 877.98kcal (43.9%), Fat: 56.41g (86.78%), Saturated Fat: 22.67g (141.69%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 51.06g (18.57%), Sugar: 4.48g (4.98%), Cholesterol: 134.09mg (44.7%), Sodium: 2059.07mg (89.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.22%), Selenium: 41.05µg (58.64%), Vitamin B1: 0.83mg (55.42%), Vitamin B12: 2.07µg (34.54%), Phosphorus: 343.03mg (34.3%), Calcium: 302.39mg (30.24%), Iron: 5.15mg (28.61%), Vitamin C: 22.06mg (26.74%), Vitamin B6: 0.53mg (26.74%), Vitamin B3: 5.28mg (26.42%), Zinc: 3.69mg (24.59%), Vitamin B2: 0.38mg (22.32%), Potassium: 595.42mg (17.01%), Vitamin A: 570.72IU (11.41%), Fiber: 2.73g (10.92%), Copper: 0.2mg (9.93%), Vitamin B5: 0.97mg (9.71%), Magnesium: 37.66mg (9.41%), Manganese: 0.18mg (9%), Vitamin E: 1.02mg (6.78%), Folate: 21.03µg (5.26%), Vitamin K: 3.9µg (3.71%)