



WHATSheATE

Mardi Gras Pizza

READY IN



39 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup alfredo sauce refrigerated prepared
- ☐ 8 ounces andouille sausage thinly sliced
- ☐ 1.5 teaspoons creole seasoning
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 garlic clove minced
- ☐ 0.5 bell pepper green very thinly sliced
- ☐ 0.5 uncook pizza crust prepared uncooked
- ☐ 0.3 onion red thinly sliced
- ☐ 6 ounces mozzarella cheese shredded

- ☐ 1 pound shrimp deveined peeled
- ☐ 0.5 bell pepper yellow very thinly sliced

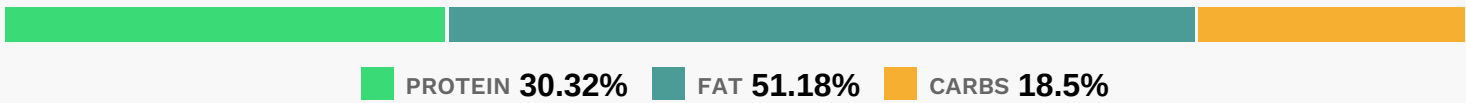
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon
- ☐ pizza stone

Directions

- ☐ Preheat oven to 45
- ☐ (For a crispy crust, preheat a pizza stone on the lowest rack in the oven.)
- ☐ Cook sausage in a large skillet over medium heat 6 minutes or until golden on all sides.
- ☐ Remove with a slotted spoon; set aside.
- ☐ Drain all but 1 tablespoon oil.
- ☐ Add shrimp, Cajun seasoning, and garlic; saut over medium-high heat, stirring frequently, 2 minutes or until done. Set aside.
- ☐ Roll dough to 1/4-inch thickness on a lightly floured baking sheet or pizza peel.
- ☐ Brush edges with oil; prick with a fork. If desired, transfer crust to pizza stone dusted with cornmeal or semolina flour; bake 5 minutes.
- ☐ Remove crust from oven; spread sauce to edges of crust, and top with sausage, shrimp, onion, and peppers.
- ☐ Sprinkle evenly with cheese. Return pizza to oven, and bake 12 minutes or until crust is golden brown and cheese melts.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:11.594782471657%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 428.81kcal (21.44%), Fat: 24.36g (37.47%), Saturated Fat: 9.94g (62.1%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18.82g (6.84%), Sugar: 2.02g (2.25%), Cholesterol: 190.17mg (63.39%), Sodium: 890.26mg (38.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.46g (64.92%), Vitamin C: 27.05mg (32.78%), Phosphorus: 326.38mg (32.64%), Calcium: 229.75mg (22.98%), Zinc: 2.82mg (18.82%), Selenium: 12.81µg (18.3%), Copper: 0.35mg (17.39%), Vitamin B12: 1.02µg (16.95%), Vitamin B3: 2.53mg (12.65%), Potassium: 407.57mg (11.64%), Iron: 2.02mg (11.21%), Magnesium: 41.7mg (10.43%), Vitamin A: 471.85IU (9.44%), Vitamin B2: 0.16mg (9.32%), Vitamin B1: 0.12mg (7.9%), Vitamin B6: 0.15mg (7.35%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.64µg (4.28%), Manganese: 0.08mg (4.17%), Fiber: 0.98g (3.92%), Vitamin B5: 0.35mg (3.49%), Vitamin K: 3.22µg (3.07%), Folate: 7.35µg (1.84%)