



Meaty Stuffed Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 ounce olives black drained sliced canned (recommended: Early California)
- 0.5 pound sausage italian hot
- 2 teaspoons penzey's southwest seasoning italian (recommended: McCormick's)
- 0.5 pound ground beef lean
- 2.5 cups tomatoes divided (recommended: Prego)
- 2.5 ounce mushrooms green drained sliced (recommended: Giant)
- 1 tablespoon oil
- 13 ounce pizza crust mix (recommended: Betty Crocker)
- 2 cups mozzarella cheese shredded kraft (recommended:)

1 cup water hot

Equipment

frying pan

baking sheet

mixing bowl

plastic wrap

grill

microwave

Directions

Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.

In a large mixing bowl, combine pizza crust mixes, Italian seasoning, and hot water. Stir about 20 times until a ball forms. Split ball in half and cover each with plastic wrap; set aside.

In a large frying pan over medium-high heat, add the oil and cook ground beef and sausage, stirring frequently to break up clumps. Cook until no longer pink but not totally cooked through, about 4 minutes.

Remove from heat and stir in mushrooms, olives, cheese and 1 cup of the marinara sauce; set aside.

Unwrap dough and put onto 2 parchment lined baking sheets sprinkled with cornmeal. Press out into 2 (12-inch) circles about 1/4-thick; pinch together any holes. Spoon the meat mixture into center of each dough round. Slide the second dough circle off the parchment to top the meat mixture. Crimp the edges together. Gently pat entire surface of pizza until flat. Slide pizza onto hot oiled grill. Cook, covered, for about 5 to 6 minutes per side.

Warm the remaining marinara sauce in the microwave. Spoon some sauce on the plate and serve a hot slice of pizza on top.

Nutrition Facts

PROTEIN 19.22% **FAT 46.33%** **CARBS 34.45%**

Properties

Glycemic Index:34.25, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:27.960434778877%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 889.33kcal (44.47%), Fat: 45.88g (70.59%), Saturated Fat: 18.19g (113.67%), Carbohydrates: 76.75g (25.58%), Net Carbohydrates: 71.57g (26.03%), Sugar: 8.99g (9.99%), Cholesterol: 122.48mg (40.83%), Sodium: 2482.84mg (107.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.83g (85.66%), Iron: 24.54mg (136.33%), Selenium: 36.2µg (51.72%), Vitamin B12: 3.07µg (51.17%), Phosphorus: 449.72mg (44.97%), Zinc: 6mg (40.03%), Vitamin B3: 7.26mg (36.29%), Calcium: 346.11mg (34.61%), Vitamin B2: 0.52mg (30.72%), Vitamin B6: 0.6mg (29.85%), Vitamin B1: 0.42mg (27.89%), Potassium: 912.61mg (26.07%), Vitamin E: 3.87mg (25.83%), Vitamin A: 1121.27IU (22.43%), Fiber: 5.18g (20.7%), Copper: 0.36mg (18.13%), Magnesium: 61.22mg (15.31%), Vitamin C: 12.25mg (14.85%), Vitamin B5: 1.48mg (14.83%), Vitamin K: 14.68µg (13.98%), Manganese: 0.28mg (13.87%), Folate: 30.93µg (7.73%), Vitamin D: 0.32µg (2.11%)