



Onion and Sausage Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 6 servings pepper red crushed to taste
- 1 pound bread french sliced
- 1 clove garlic pressed
- 1 pound sausage sweet italian
- 5 tablespoons olive oil divided
- 2 large onion sliced
- 0.3 cup olive green sliced
- 6 servings salt and pepper to taste

6 ounces mozzarella cheese shredded

Equipment

frying pan

oven

broiler

Directions

Remove sausage from casings and saute sausage in 2 tablespoons olive oil until browned.

Drain to remove excess oil.

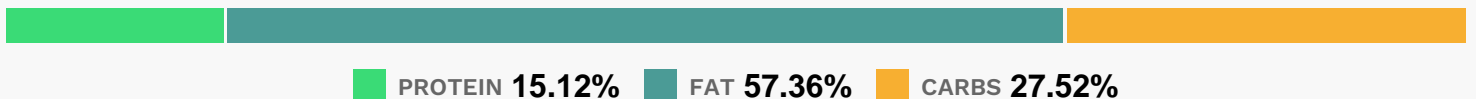
Remove from skillet and set aside. In skillet, heat 3 tablespoons olive oil, add onions, garlic and saute stirring until onions wilt down.

Add tomato sauce, salt, pepper and red pepper to taste. Simmer about 5 minutes on low.

Stir together the sausage and onion and chopped olives. Toast bread lightly under broiler. Top with sausage mix and sprinkle grated mozzarella over all. Broil about 3 minutes under broiler until cheese melts. Watch carefully with oven door open.

Remove from broiler, slice and serve.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:32.28, Inflammation Score:-8, Nutrition Score:23.477391149687%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 699kcal (34.95%), Fat: 44.83g (68.97%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 44.43g (16.16%), Sugar: 7.43g (8.25%), Cholesterol: 79.85mg (26.62%), Sodium: 1681.31mg (73.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin B1: 1.01mg (67.59%), Selenium: 46.2µg (65.99%), Vitamin B2: 0.59mg (34.58%), Vitamin B3: 6.81mg (34.06%), Phosphorus: 318.78mg (31.88%), Manganese: 0.6mg (29.81%), Folate: 114.66µg (28.67%), Iron: 4.89mg (27.16%), Vitamin B6: 0.47mg (23.25%), Vitamin E: 3.42mg (22.83%), Calcium: 223.54mg (22.35%), Vitamin B12: 1.33µg (22.24%), Zinc: 3.23mg (21.53%), Vitamin A: 971.47IU (19.43%), Fiber: 3.97g (15.89%), Potassium: 530.05mg (15.14%), Magnesium: 54.84mg (13.71%), Copper: 0.27mg (13.49%), Vitamin K: 11.66µg (11.11%), Vitamin C: 8.03mg (9.73%), Vitamin B5: 0.88mg (8.78%)