



Pizza Bread with Roasted Tomatoes

READY IN



137 min.

SERVINGS



17

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz baby spinach leaves
- 1 bread baguette french (24 inch)
- 2 cloves garlic coarsely chopped
- 0.1 tsp ground pepper black
- 1 lb sausage italian crumbled
- 7 oz slim cut mozzarella cheese cut in half kraft
- 1 Tbsp olive oil
- 1 Tbsp oregano fresh chopped
- 0.3 cup parmesan cheese divided grated kraft

5 plum tomatoes

Equipment

bowl

frying pan

baking sheet

oven

baking pan

Directions

Heat oven to 350F.

Toss tomatoes with next 3 ingredients in large bowl; spread onto bottom of 12x8-inch baking dish.

Bake 1 hour; cool. Chop tomatoes coarsely, reserving any juices.

Brown sausage in large skillet on medium-high heat, stirring occasionally; drain, if necessary. Stir in spinach; cook on medium heat 2 to 3 min. or just until spinach is wilted, stirring occasionally. Stir in tomatoes, reserved juices and 2 Tbsp. Parmesan.

Remove from heat.

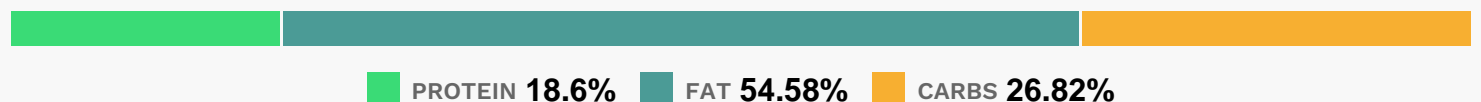
Place bread, cut sides up, on baking sheet; top with half the mozzarella. Cover with sausage mixture.

Bake 12 min.; top with remaining mozzarella and Parmesan.

Bake 8 min. or until mozzarella is melted.

Sprinkle with oregano.

Nutrition Facts



Properties

Glycemic Index:16.03, Glycemic Load:9.8, Inflammation Score:-8, Nutrition Score:11.393913149834%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 211.74kcal (10.59%), Fat: 12.86g (19.79%), Saturated Fat: 5.02g (31.41%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.13g (4.78%), Sugar: 1.75g (1.94%), Cholesterol: 30.78mg (10.26%), Sodium: 444.59mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.73%), Vitamin K: 52.58µg (50.08%), Vitamin A: 1186.88IU (23.74%), Selenium: 16.01µg (22.87%), Vitamin B1: 0.34mg (22.55%), Manganese: 0.28mg (13.83%), Folate: 54.84µg (13.71%), Phosphorus: 123.52mg (12.35%), Vitamin B2: 0.21mg (12.22%), Vitamin B3: 2.21mg (11.06%), Calcium: 106.13mg (10.61%), Iron: 1.73mg (9.63%), Vitamin B12: 0.53µg (8.81%), Zinc: 1.22mg (8.15%), Vitamin B6: 0.15mg (7.62%), Vitamin C: 5.96mg (7.22%), Magnesium: 24.93mg (6.23%), Potassium: 210.99mg (6.03%), Fiber: 1.09g (4.37%), Copper: 0.09mg (4.29%), Vitamin E: 0.55mg (3.69%), Vitamin B5: 0.26mg (2.64%)