



Pizza Rustica

READY IN



80 min.

SERVINGS



20

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 eggs
- 20 servings pastry for 2-crust 9-inch pie
- 2 Tbsp parsley fresh chopped
- 1 lb sausage italian
- 1 cup polly-o all natural low-moisture milk mozzarella cheese shredded whole
- 0.5 cup parmesan cheese grated kraft
- 3 oz pancetta chopped
- 1.5 cups polly-o original ricotta cheese

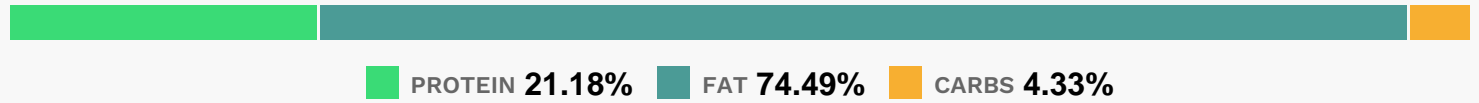
Equipment

- bowl
- oven

Directions

- Heat oven to 375F.
- Brown sausage; drain. Beat eggs in large bowl; stir in sausage, cheeses, prosciutto and parsley.
- Line 9-inch pie plate with 1 pie crust; fill with meat mixture. Cover with remaining crust; seal and flute edge.
- Cut several slits in top crust to permit steam to escape.
- Bake 1 hour or until golden brown.
- Let stand 15 min. before serving.

Nutrition Facts



Properties

Glycemic Index:7.15, Glycemic Load:0.44, Inflammation Score:-2, Nutrition Score:5.34478257985222%

Flavonoids

Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg, Apigenin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 174.16kcal (8.71%), Fat: 14.28g (21.97%), Saturated Fat: 6.09g (38.03%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.2g (0.22%), Cholesterol: 68.11mg (22.7%), Sodium: 308.01mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.27%), Selenium: 14.5µg (20.72%), Phosphorus: 131.93mg (13.19%), Calcium: 109.6mg (10.96%), Vitamin B1: 0.15mg (10.19%), Vitamin B2: 0.15mg (8.84%), Vitamin B12: 0.5µg (8.27%), Zinc: 1.11mg (7.38%), Vitamin K: 6.74µg (6.42%), Vitamin B6: 0.11mg (5.5%), Vitamin B3: 0.99mg (4.94%), Vitamin A: 219.69IU (4.39%), Vitamin B5: 0.33mg (3.29%), Iron: 0.58mg (3.23%), Potassium: 111.34mg (3.18%), Folate: 11.16µg (2.79%), Magnesium: 9.54mg (2.38%), Vitamin D: 0.27µg (1.77%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.27%), Vitamin E: 0.18mg (1.21%), Vitamin C: 0.96mg (1.16%)