

Pizza Supreme

READY IN



65 min.

SERVINGS



6

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 4 ounces mozzarella cheese fresh thinly sliced
- ☐ 3 garlic cloves thinly sliced
- ☐ 0.8 cup lower-sodium marinara sauce such as McCutcheon's
- ☐ 1 cup mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 cup orange bell pepper thinly sliced
- ☐ 16 ounce pizza crust dough fresh refrigerated

- ☐ 1 cup bell pepper red thinly sliced
- ☐ 4 ounce turkey sausage link italian

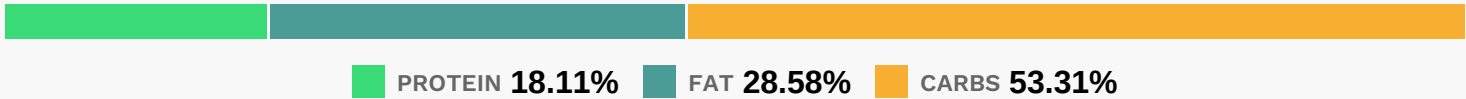
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat oven to 50
- ☐ Roll dough into a 14-inch circle on a lightly floured surface.
- ☐ Place dough on a 14-inch pizza pan or baking sheet coated with cooking spray.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Remove casing from sausage.
- ☐ Add sausage to pan; cook 2 minutes, stirring to crumble.
- ☐ Add mushrooms, bell peppers, onion, crushed red pepper, and garlic; saut 4 minutes, stirring occasionally.
- ☐ Spread sauce over dough, leaving a 1-inch border. Arrange cheese evenly over sauce. Arrange turkey mixture evenly over cheese.
- ☐ Bake at 500 for 15 minutes or until crust and cheese are browned.
- ☐ Cut into 12 wedges.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.07, Inflammation Score:-9, Nutrition Score:14.742608557577%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 341.44kcal (17.07%), Fat: 10.98g (16.9%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 42.63g (15.5%), Sugar: 6.59g (7.32%), Cholesterol: 24.95mg (8.32%), Sodium: 845.45mg (36.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.66g (31.32%), Vitamin C: 74.24mg (89.99%), Vitamin A: 1868.02IU (37.36%), Iron: 4.64mg (25.8%), Calcium: 185.51mg (18.55%), Vitamin B6: 0.32mg (16.13%), Phosphorus: 147.09mg (14.71%), Fiber: 3.49g (13.95%), Selenium: 9.49µg (13.56%), Vitamin B2: 0.22mg (13.07%), Vitamin B3: 2.13mg (10.66%), Vitamin E: 1.49mg (9.96%), Potassium: 344.82mg (9.85%), Folate: 36.29µg (9.07%), Manganese: 0.17mg (8.75%), Zinc: 1.3mg (8.64%), Vitamin B12: 0.52µg (8.64%), Vitamin B5: 0.71mg (7.11%), Copper: 0.13mg (6.67%), Magnesium: 23.66mg (5.92%), Vitamin B1: 0.08mg (5.45%), Vitamin K: 4.75µg (4.52%)