



Pizza with Sausage, Tomatoes and Basil

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons yeast dry
- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.3 cups enriched flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup part-skim mozzarella cheese grated
- ☐ 0.5 teaspoon pepper red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound turkey sausage cooked thinly sliced

☐ 1 pound and/or cherry tomatoes red yellow halved

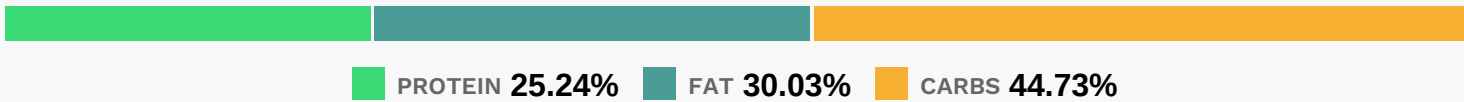
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ wax paper

Directions

- ☐ Mix flour, yeast and salt in a bowl. Gradually add 1/2 cup warm (110°F) water until a soft dough forms. Divide dough into 4 portions. Using hands, roll dough into balls. Coat with cooking spray, cover with plastic wrap and set aside to rise, 30 to 45 minutes. When ready to cook, place each ball of dough on a piece of wax paper and flatten into a 4-inch circle. Coat grill with cooking spray and heat on high. Gently place dough onto grill and cook until dough puffs and underside stiffens (about 30 seconds); flip and reduce heat to low.
- ☐ Mix topping ingredients, then divide among crusts. Cover grill. Cook until cheese melts, 5 to 6 minutes more. Slice and serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:20.55, Inflammation Score:-7, Nutrition Score:26.761304132316%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 418.48kcal (20.92%), Fat: 14.44g (22.22%), Saturated Fat: 4.76g (29.74%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 47.2g (17.16%), Sugar: 0.93g (1.04%), Cholesterol: 60.44mg (20.15%), Sodium: 833.22mg (36.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.31g (54.61%), Manganese: 1.98mg (98.88%), Selenium: 58.27µg (83.24%), Phosphorus: 584.84mg (58.48%), Vitamin B3: 8.52mg (42.6%), Zinc: 5.43mg (36.22%),

Vitamin B1: 0.48mg (31.71%), Vitamin B6: 0.6mg (30.12%), Magnesium: 119.03mg (29.76%), Calcium: 265.96mg (26.6%), Copper: 0.51mg (25.64%), Folate: 92.88µg (23.22%), Vitamin B2: 0.39mg (23.11%), Potassium: 745.3mg (21.29%), Iron: 3.53mg (19.6%), Vitamin B12: 0.97µg (16.13%), Vitamin B5: 1.45mg (14.47%), Vitamin C: 11.61mg (14.07%), Vitamin A: 277.7IU (5.55%), Fiber: 1.2g (4.81%), Vitamin E: 0.72mg (4.78%), Vitamin K: 4.9µg (4.67%)