

 100%
HEALTH SCORE

Potato Crust Pizza



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



1

CALORIES



3348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce mushrooms drained sliced canned
- ☐ 6 cups hash brown potatoes shredded frozen thawed
- ☐ 1 pound sausage sweet italian crumbled
- ☐ 4 roma tomatoes (plum)
- ☐ 0.3 teaspoon salt
- ☐ 2 cups mozzarella cheese shredded divided

Equipment

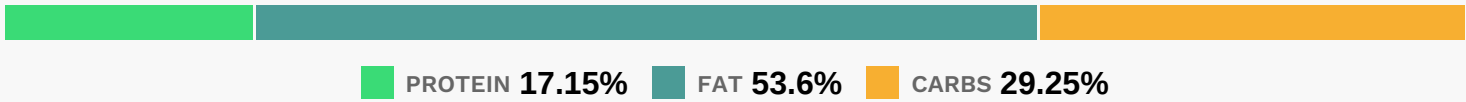
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C). Coat a 16 inch pizza pan with nonstick cooking spray.
- ☐ Place sausage in a skillet over medium-high heat. Cook, stirring to crumble, until evenly browned.
- ☐ Drain grease, and set aside.
- ☐ In a large bowl, toss together the hash browns, salt, and 3/4 cup of the cheese until evenly blended.
- ☐ Spread in an even layer on the pizza pan, and pack down. Slice tomatoes thinly, and set on paper towels to drain. This will keep them from being watery when they cook.
- ☐ Bake for 30 to 35 minutes in the preheated oven, until the crust is nicely browned on the top and bottom.
- ☐ Remove from the oven, and arrange tomato slices all over the pizza.
- ☐ Sprinkle the remaining cheese, mushrooms and sausage evenly over the pizza. Return to the hot oven and bake for another 5 to 10 minutes, until cheese is melted. Cool for at least 5 minutes before cutting into slices.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:68.43, Inflammation Score:-10, Nutrition Score:77.999565373296%

Flavonoids

Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg, Naringenin: 1.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 3347.62kcal (167.38%), Fat: 200.81g (308.94%), Saturated Fat: 82.75g (517.17%), Carbohydrates: 246.55g (82.18%), Net Carbohydrates: 223.21g (81.17%), Sugar: 11.48g (12.76%), Cholesterol: 521.69mg (173.9%), Sodium: 6073.15mg (264.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 144.56g (289.11%), Vitamin B1: 4.05mg (270.26%), Selenium: 159µg (227.15%), Phosphorus: 2163.62mg (216.36%), Vitamin B3: 39.22mg (196.1%), Vitamin C: 146.37mg (177.42%), Potassium: 5642.99mg (161.23%), Vitamin B12: 9.23µg (153.91%), Vitamin B6: 2.81mg (140.37%), Calcium: 1376.48mg (137.65%), Manganese: 2.55mg (127.58%), Zinc: 18.55mg (123.64%), Iron: 20.26mg (112.54%), Copper: 2.05mg (102.41%), Vitamin B2: 1.64mg (96.66%), Fiber: 23.34g (93.35%), Vitamin B5: 7.84mg (78.39%), Magnesium: 291.21mg (72.8%), Vitamin A: 3580.08IU (71.6%), Folate: 153.18µg (38.29%), Vitamin K: 24.74µg (23.57%), Vitamin E: 1.78mg (11.84%), Vitamin D: 1.12µg (7.49%)