

Quick and Easy Pizza

READY IN



25 min.

SERVINGS



12

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 0.3 teaspoon basil dried crushed
- 1 pound hotdog buns hot bob evans®
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- 0.3 teaspoon oregano dried crushed
- 12 inch uncook pizza crust prepared
- 8 ounce mozzarella cheese shredded

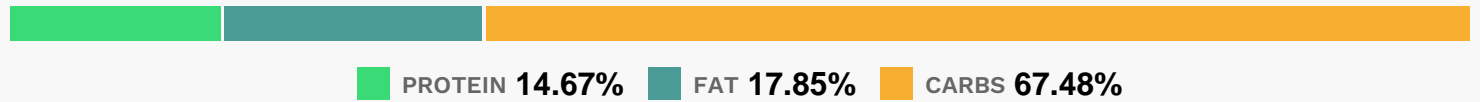
Equipment

- frying pan
- baking sheet
- oven
- wooden spoon

Directions

- Preheat oven to 450 degrees F. In a large skillet, over medium heat, brown the sausage until cooked through, using a wooden spoon to break up the sausage.
- Remove from heat and drain off fat.
- Place pizza crust on a large baking sheet. Stir together the tomato sauce, basil, and oregano.
- Spread tomato sauce evenly over pizza.
- Sprinkle cooked sausage evenly over tomato sauce and top with Mozzarella cheese.
- Bake 10–12 minutes or until cheese is melted and lightly golden.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:23.08, Inflammation Score:-2, Nutrition Score:13.817391297092%

Nutrients (% of daily need)

Calories: 888.66kcal (44.43%), Fat: 17.5g (26.92%), Saturated Fat: 8.26g (51.63%), Carbohydrates: 148.9g (49.63%), Net Carbohydrates: 143.81g (52.3%), Sugar: 9.79g (10.87%), Cholesterol: 14.93mg (4.98%), Sodium: 1780.05mg (77.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.71%), Iron: 9.04mg (50.22%), Calcium: 413.52mg (41.35%), Selenium: 23.89µg (34.13%), Vitamin B1: 0.42mg (28.05%), Manganese: 0.45mg (22.4%), Fiber: 5.08g (20.33%), Folate: 74.25µg (18.56%), Vitamin B2: 0.29mg (17.1%), Vitamin B3: 3.37mg (16.85%), Phosphorus: 148.48mg (14.85%), Vitamin B12: 0.58µg (9.7%), Zinc: 1.15mg (7.65%), Magnesium: 24.26mg (6.07%), Copper: 0.11mg (5.35%), Vitamin K: 5.21µg (4.96%), Potassium: 163.8mg (4.68%), Vitamin A: 211.22IU (4.22%), Vitamin B6: 0.07mg (3.69%), Vitamin E: 0.52mg (3.48%), Vitamin C: 2.31mg (2.8%)