



Sausage and Pepper Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper strips red (1 medium)
- 1 cup bell pepper strips yellow (1 medium)
- 4 ounces turkey sausage italian hot
- 1 cup basic marinara
- 0.5 teaspoon oregano dried
- 2 ounces part-skim mozzarella cheese shredded
- 16 ounce cheese-flavored pizza crust (such as Boboli)
- 2 ounces provolone cheese shredded
- 1 tablespoon no-salt-added tomato paste

Equipment

- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 450.
- Remove casings from sausage.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add sausage and bell peppers to pan; cook 6 minutes or until bell peppers are crisp-tender and sausage is browned, stirring frequently.
- Place pizza crust on a large baking sheet.
- Combine Basic Marinara and tomato paste, stirring with a whisk; spread evenly over crust, leaving a 1-inch border.
- Sprinkle with cheeses and oregano; top evenly with sausage mixture.
- Bake at 450 for 15 minutes or until cheese melts and crust is lightly browned.
- Remove from oven; let stand 5 minutes before slicing.

Nutrition Facts



PROTEIN 19.31% **FAT 26.2%** **CARBS 54.49%**

Properties

Glycemic Index:25.67, Glycemic Load:1.25, Inflammation Score:-8, Nutrition Score:13.315652173498%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 318.8kcal (15.94%), Fat: 9.37g (14.42%), Saturated Fat: 4.97g (31.09%), Carbohydrates: 43.85g (14.62%), Net Carbohydrates: 41g (14.91%), Sugar: 4.73g (5.26%), Cholesterol: 22.59mg (7.53%), Sodium: 919.63mg (39.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.54g (31.08%), Vitamin C: 86.55mg (104.91%), Iron: 4.69mg (26.08%), Vitamin A: 1203.34IU (24.07%), Calcium: 231.84mg (23.18%), Phosphorus: 151.49mg (15.15%), Vitamin B6: 0.25mg (12.35%), Fiber: 2.85g (11.4%), Selenium: 7.42µg (10.6%), Potassium: 313.67mg (8.96%), Vitamin B2: 0.15mg (8.85%), Vitamin B3: 1.68mg (8.39%), Zinc: 1.18mg (7.89%), Vitamin E: 1.16mg (7.74%), Manganese: 0.13mg (6.56%), Folate: 25.58µg (6.39%), Magnesium: 23.2mg (5.8%), Copper: 0.11mg (5.72%), Vitamin B12: 0.3µg (4.95%), Vitamin B5: 0.46mg (4.55%), Vitamin K: 4.06µg (3.87%), Vitamin B1: 0.05mg (3.26%)