



Sausage and Vegetable Deep-Dish Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 teaspoons yeast dry
- 0.1 teaspoon pepper black
- 11.3 ounces flour all-purpose divided
- 2 teaspoons honey
- 8 ounces turkey sausage italian hot
- 8 ounce mushrooms sliced
- 2 teaspoons olive oil
- 0.3 cup onion chopped
- 2 ounces parmesan cheese grated

- 6 ounces part-skim mozzarella cheese shredded
- 2 cups pasta sauce fat-free organic (such as Muir Glen)
- 0.5 teaspoon salt
- 1 cup water (100° to 110°)
- 0.3 cup wine
- 1 tablespoon cornmeal yellow
- 2 cups zucchini chopped

Equipment

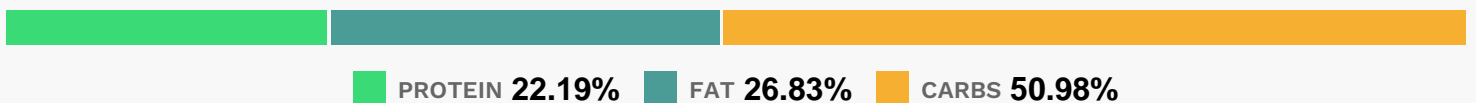
- bowl
- frying pan
- sauce pan
- oven
- knife
- wire rack
- plastic wrap
- baking pan
- measuring cup

Directions

- To prepare sauce, heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- Add zucchini, onion, and mushrooms to pan; saut 7 minutes or until vegetables are lightly browned.
- Add wine and pepper; cook 1 minute or until liquid almost evaporates. Stir in sauce.
- Remove from heat; cool.
- Remove casings from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- Drain; add to sauce.

- To prepare dough, dissolve honey and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 1/4 cups flour, cornmeal, and salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 6 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel sticky).
- Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until doubled in size. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- Position one oven rack in the middle setting. Position another rack in the lowest setting. Preheat oven to 47
- Brush a 13 x 9-inch baking pan with oil. Turn dough into pan. Gently press dough into pan and up the sides of the pan. Lightly spray surface of dough with cooking spray. Cover with plastic wrap; let stand for 5 minutes.
- Remove plastic wrap; discard. Spoon sauce mixture into crust.
- Bake on the bottom rack at 475 for 20 minutes.
- Remove from oven.
- Combine cheeses; sprinkle evenly over sauce.
- Bake on middle rack an additional 15 minutes or until crust is golden brown and cheese melts. Cool 10 minutes on a wire rack.
- Cut into 6 squares.

Nutrition Facts



Properties

Glycemic Index:60.3, Glycemic Load:33.06, Inflammation Score:-8, Nutrition Score:24.633478356444%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.33mg,

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 439.99kcal (22%), Fat: 13.02g (20.03%), Saturated Fat: 6g (37.52%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 51.27g (18.64%), Sugar: 8.69g (9.66%), Cholesterol: 46.4mg (15.47%), Sodium: 1282.31mg (55.75%), Alcohol: 1.03g (100%), Alcohol %: 0.37% (100%), Protein: 24.23g (48.46%), Selenium: 38.15µg (54.49%), Vitamin B1: 0.66mg (43.83%), Vitamin B2: 0.74mg (43.7%), Iron: 7.47mg (41.47%), Phosphorus: 403.84mg (40.38%), Folate: 156.4µg (39.1%), Vitamin B3: 7.46mg (37.28%), Calcium: 344.85mg (34.48%), Vitamin C: 25.91mg (31.4%), Manganese: 0.62mg (30.95%), Vitamin B6: 0.42mg (21.13%), Zinc: 3.06mg (20.37%), Potassium: 678.34mg (19.38%), Copper: 0.39mg (19.27%), Fiber: 4.39g (17.56%), Vitamin B5: 1.67mg (16.72%), Magnesium: 58.66mg (14.67%), Vitamin A: 709.18IU (14.18%), Vitamin E: 1.55mg (10.33%), Vitamin B12: 0.54µg (8.98%), Vitamin K: 5.78µg (5.51%), Vitamin D: 0.21µg (1.39%)