



## Sausage Diavolo Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce canned tomatoes crushed canned
- 12 cherry tomatoes halved
- 1.5 cups cooking wine dry white
- 1 tablespoon olive oil extra virgin
- 10 ounce dough refrigerated thin
- 5 cloves garlic fresh minced peeled
- 1 cup blend cheese shredded italian
- 19.8 ounce mild sausage links to package directions and coin italian hot johnsonville®
- 1 long sweet red cut into rings

- 0.8 cup onion chopped
- 0.5 teaspoon oregano dried
- 1 cup parmesan cheese shredded
- 3 tablespoons parsley italian chopped
- 0.8 teaspoon pepper flakes dried red
- 5 servings sea salt and pepper

## Equipment

- frying pan
- oven
- pizza pan

## Directions

- Position oven rack to center and preheat to 450 degrees F. Lightly oil a pizza pan and roll out crust, thin.
- In a large skillet, heat oil and saute sausage and red pepper flakes until browned.
- Remove from heat, drain fat, cool slightly and chop.
- Add garlic and onion to skillet and cook about five minutes until onion is soft.
- Add cherry tomatoes, canned tomatoes, wine and oregano. Season with salt and pepper to taste.
- Let simmer about 20 minutes, stirring when necessary, until cherry tomatoes are soft and sauce thickens.
- Add parsley and sausage back into skillet.
- Remove from heat.
- Top pizza crust with sausage mixture, grated cheeses and red pepper slices.
- Bake 8-10 minutes.
- Remove from oven, sprinkle with fresh herbs, cut and enjoy!

## Nutrition Facts



■ PROTEIN 17.55% ■ FAT 59.13% ■ CARBS 23.32%

## Properties

Glycemic Index:59.8, Glycemic Load:14.44, Inflammation Score:-9, Nutrition Score:32.6691306052%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

## Nutrients (% of daily need)

Calories: 841.81kcal (42.09%), Fat: 51.92g (79.88%), Saturated Fat: 20.15g (125.96%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 41.98g (15.27%), Sugar: 7.79g (8.66%), Cholesterol: 116.44mg (38.81%), Sodium: 1869.15mg (81.27%), Alcohol: 7.42g (100%), Alcohol %: 2.04% (100%), Protein: 34.67g (69.33%), Selenium: 50.7µg (72.43%), Vitamin B1: 1.07mg (71.23%), Vitamin C: 55.22mg (66.93%), Vitamin K: 51.83µg (49.36%), Phosphorus: 489.82mg (48.98%), Calcium: 434.54mg (43.45%), Vitamin B3: 7.65mg (38.25%), Manganese: 0.75mg (37.26%), Vitamin B2: 0.61mg (35.8%), Vitamin B6: 0.71mg (35.63%), Vitamin A: 1718.26IU (34.37%), Iron: 5.4mg (30.02%), Vitamin B12: 1.77µg (29.5%), Zinc: 4.02mg (26.83%), Folate: 97.97µg (24.49%), Potassium: 852.5mg (24.36%), Copper: 0.36mg (18.24%), Magnesium: 72.42mg (18.1%), Fiber: 4.11g (16.44%), Vitamin E: 2.31mg (15.39%), Vitamin B5: 1.31mg (13.07%), Vitamin D: 0.19µg (1.26%)