



Sausage, Fennel, and Ricotta Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cornmeal
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup fennel bulb thinly sliced
- ☐ 2 teaspoons fennel seeds
- ☐ 1 teaspoon garlic fresh minced
- ☐ 4 ounce turkey sausage italian
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.3 cup part-skim ricotta
- ☐ 0.3 cup onion red thinly sliced
- ☐ 12 ounces pizza dough fresh refrigerated

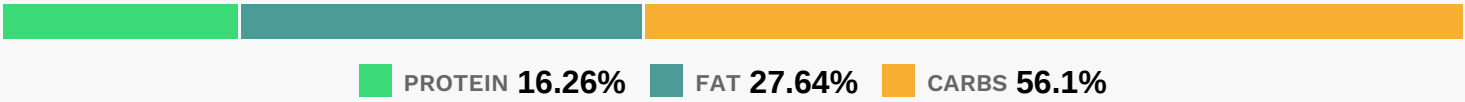
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pizza stone

Directions

- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Let pizza dough stand at room temperature, covered, while oven preheats.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Remove casing from sausage.
- ☐ Add sausage to pan; cook 4 minutes or until lightly browned, stirring to crumble.
- ☐ Add fennel bulb; cook 4 minutes or until tender.
- ☐ Roll pizza dough into a 16-inch oval on a lightly floured surface. Carefully remove pizza stone from oven.
- ☐ Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- ☐ Brush dough evenly with oil.
- ☐ Sprinkle sausage mixture evenly over dough, leaving a 1-inch border.
- ☐ Combine ricotta and garlic in a small bowl; top pizza with teaspoonfuls of ricotta mixture.
- ☐ Sprinkle red onion and remaining ingredients evenly over pizza.
- ☐ Bake at 500 for 11 minutes or until golden.
- ☐ Cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:8.266956490667%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 341.05kcal (17.05%), Fat: 10.65g (16.39%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 45.43g (16.52%), Sugar: 7.73g (8.59%), Cholesterol: 21.43mg (7.14%), Sodium: 993.66mg (43.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.19%), Iron: 5.66mg (31.42%), Vitamin K: 16.66µg (15.86%), Vitamin C: 12.66mg (15.35%), Selenium: 10.28µg (14.69%), Fiber: 3.23g (12.92%), Phosphorus: 117.8mg (11.78%), Manganese: 0.21mg (10.49%), Calcium: 91.37mg (9.14%), Vitamin B6: 0.17mg (8.65%), Zinc: 1.08mg (7.23%), Vitamin B3: 1.37mg (6.86%), Potassium: 227.44mg (6.5%), Vitamin B2: 0.11mg (6.31%), Magnesium: 22.73mg (5.68%), Vitamin E: 0.76mg (5.03%), Vitamin A: 226.51IU (4.53%), Copper: 0.08mg (4.14%), Vitamin B5: 0.37mg (3.68%), Folate: 14.35µg (3.59%), Vitamin B1: 0.05mg (3.12%), Vitamin B12: 0.18µg (3.03%)