



Sausage French Bread Pizza

READY IN



20 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup style cheese shredded italian
- 1 baguette french (20 inches long)
- 2 ounces pepperoni sliced
- 0.5 cup pizza sauce

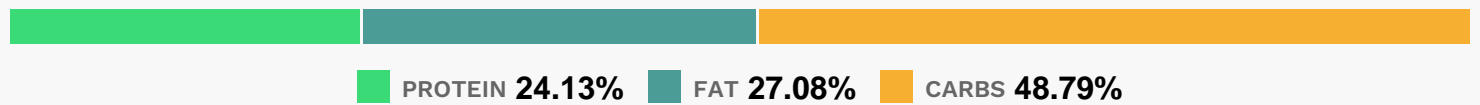
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F. Crumble and cook sausage in medium skillet until brown. Set aside. Slice baguette in half lengthwise.
- Place halves on a baking sheet.
- Spread with sauce. Top with cheese, sausage and pepperoni.
- Bake for 5 minutes or until cheese is melted.
- Cut into 2 inch pieces.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:4.24, Inflammation Score:-1, Nutrition Score:2.7304348194081%

Nutrients (% of daily need)

Calories: 60kcal (3%), Fat: 1.79g (2.75%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.88g (2.5%), Sugar: 1.42g (1.58%), Cholesterol: 4.11mg (1.37%), Sodium: 230.4mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Phosphorus: 77.11mg (7.71%), Vitamin B1: 0.09mg (5.76%), Calcium: 54.18mg (5.42%), Selenium: 3.56µg (5.09%), Vitamin B2: 0.08mg (4.78%), Folate: 18.02µg (4.51%), Manganese: 0.08mg (4.17%), Vitamin B3: 0.8mg (3.98%), Iron: 0.55mg (3.05%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.35mg (2.34%), Potassium: 72.87mg (2.08%), Vitamin B5: 0.19mg (1.95%), Magnesium: 7.16mg (1.79%), Vitamin B6: 0.03mg (1.75%), Copper: 0.03mg (1.44%), Fiber: 0.35g (1.42%), Vitamin E: 0.16mg (1.04%)