



Sausage Italian Bread Pizza

READY IN



31 min.

SERVINGS



4

CALORIES



1064 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb semolina bread
- ☐ 2 garlic cloves minced
- ☐ 1 pound mild italian hot
- ☐ 2 tablespoons olive oil divided
- ☐ 1 onion halved thinly sliced
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup parmesan cheese divided grated
- ☐ 1 cup pasta sauce
- ☐ 0.3 teaspoon pepper dried red crushed

- ☐ 0.7 cup ricotta cheese divided
- ☐ 0.3 teaspoon salt
- ☐ 8 oz mozzarella cheese shredded divided

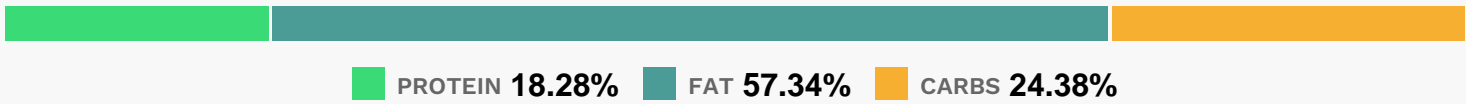
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Remove and discard casings from sausage. Cook sausage in a large skillet over medium-high heat 8 minutes, stirring until meat crumbles and is no longer pink. Push meat to outer edges of pan; add 1 Tbsp. oil.
- ☐ Add onion and garlic; cook 5 minutes or until onion is softened.
- ☐ Remove from heat; stir in pizza sauce and next 3 ingredients.
- ☐ Cut bread in half lengthwise using a serrated knife, and scoop out center of each bread half, leaving a 1/2" border; discard scooped-out bread or reserve for making breadcrumbs.
- ☐ Spread 1/3 cup ricotta down center of each bread half. Top each evenly with sausage mixture, mozzarella, and Parmesan cheese.
- ☐ Drizzle pizzas evenly with remaining 1 Tbsp. oil.
- ☐ Place pizzas on a lightly greased baking sheet.
- ☐ Bake at 425 for 6 minutes or until cheese is melted and pizzas are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:31.59, Inflammation Score:-9, Nutrition Score:36.673913478851%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 1063.55kcal (53.18%), Fat: 67.72g (104.19%), Saturated Fat: 26.44g (165.27%), Carbohydrates: 64.77g (21.59%), Net Carbohydrates: 58.45g (21.26%), Sugar: 10.6g (11.78%), Cholesterol: 157.49mg (52.5%), Sodium: 2304.31mg (100.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.58g (97.17%), Selenium: 79.38µg (113.4%), Manganese: 1.61mg (80.41%), Vitamin B1: 1.17mg (77.75%), Phosphorus: 641.25mg (64.12%), Calcium: 619.46mg (61.95%), Vitamin B3: 10.83mg (54.15%), Vitamin B2: 0.79mg (46.64%), Vitamin B12: 2.55µg (42.49%), Zinc: 5.84mg (38.93%), Iron: 6.86mg (38.14%), Folate: 127.36µg (31.84%), Vitamin B6: 0.63mg (31.6%), Fiber: 6.32g (25.26%), Magnesium: 94.97mg (23.74%), Potassium: 784.84mg (22.42%), Vitamin B5: 1.94mg (19.37%), Vitamin A: 939.27IU (18.79%), Copper: 0.37mg (18.39%), Vitamin K: 18.28µg (17.41%), Vitamin E: 2.48mg (16.55%), Vitamin C: 9.3mg (11.28%), Vitamin D: 0.34µg (2.27%)