



Sausage, Pepper, and Mushroom Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 8 ounce pre exotic mushroom blend (such as shiitake, cremini, and oyster)
- ☐ 1 cup onion thinly sliced
- ☐ 3 ounces part-skim mozzarella cheese shredded
- ☐ 0.5 cup pasta sauce fat-free
- ☐ 14 ounce pizza crust prepared (such as Boboli)
- ☐ 0.5 cup bell pepper red thinly sliced
- ☐ 4 ounce sausage link sweet italian

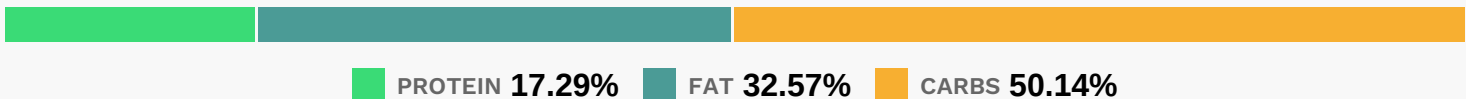
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Remove casing from sausage. Cook sausage in a large nonstick skillet over medium-high heat until browned, stirring to crumble.
- ☐ Add onion, pepper, and mushrooms to pan; saut 8 minutes or until tender. Stir in garlic; saut 1 minute.
- ☐ Place crust on a large baking sheet.
- ☐ Spread pasta sauce evenly over crust, leaving a 1/4-inch border. Top evenly with mushroom mixture.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 450 for 8 minutes.
- ☐ Remove from oven; sprinkle evenly with basil.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:14.432608728823%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 472.63kcal (23.63%), Fat: 17.25g (26.54%), Saturated Fat: 7.64g (47.75%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 55.24g (20.09%), Sugar: 6.67g (7.42%), Cholesterol: 35.15mg (11.72%), Sodium: 1017.93mg (44.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.61g (41.21%), Vitamin C: 30.16mg (36.56%), Calcium: 281.98mg (28.2%), Phosphorus: 229.77mg (22.98%), Iron: 3.83mg (21.27%), Vitamin B6: 0.42mg (20.92%), Selenium: 13.94µg (19.92%), Vitamin B3: 3.69mg (18.47%), Fiber: 4.49g (17.97%), Vitamin A: 871.71IU (17.43%), Vitamin B2: 0.28mg (16.71%), Manganese: 0.29mg (14.54%), Vitamin B1: 0.21mg (14.17%), Potassium: 459.57mg (13.13%), Zinc: 1.89mg (12.57%), Vitamin B5: 1.23mg (12.26%), Copper: 0.17mg (8.54%), Magnesium: 32.04mg (8.01%), Folate: 31.2µg (7.8%), Vitamin B12: 0.43µg (7.21%), Vitamin K: 6.45µg (6.14%), Vitamin E: 0.78mg (5.21%), Vitamin D: 0.29µg (1.94%)