



WHATSheATE



Sausage, Pepper, and Onion Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper green
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 8 ounce bread french cut in half horizontally
- ☐ 8 ounce turkey sausage italian
- ☐ 1.5 cups onion vertically sliced
- ☐ 4 ounces part-skim mozzarella cheese shredded

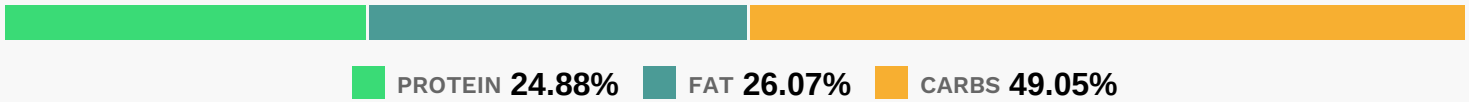
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add sliced onion and green bell pepper strips, and saut 6 minutes or until tender.
- ☐ Remove casings from sausage.
- ☐ Add sausage to pan, and cook 5 minutes or until lightly browned, stirring to crumble.
- ☐ Add crushed red pepper and diced tomatoes, and cook 5 minutes or until mixture thickens.
- ☐ Spread sausage mixture evenly over cut sides of bread, and sprinkle evenly with cheese.
- ☐ Place bread halves on a baking sheet.
- ☐ Bake at 450 for 5 minutes or until cheese melts.
- ☐ Cut each pizza in half.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:26.14, Inflammation Score:-8, Nutrition Score:25.188260899938%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 380.5kcal (19.03%), Fat: 11.28g (17.35%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 47.73g (15.91%), Net Carbohydrates: 42.33g (15.39%), Sugar: 12.72g (14.14%), Cholesterol: 48.19mg (16.06%), Sodium: 1184.2mg (51.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.43%), Vitamin C: 61.08mg (74.04%), Iron:

9.33mg (51.85%), Selenium: 33.83µg (48.33%), Vitamin B1: 0.57mg (38.28%), Phosphorus: 353.8mg (35.38%), Manganese: 0.65mg (32.52%), Vitamin B3: 6.37mg (31.83%), Calcium: 315.96mg (31.6%), Vitamin B6: 0.61mg (30.44%), Vitamin B2: 0.51mg (29.84%), Folate: 105.35µg (26.34%), Fiber: 5.41g (21.63%), Zinc: 3.01mg (20.09%), Copper: 0.39mg (19.68%), Potassium: 658.18mg (18.81%), Magnesium: 69.3mg (17.33%), Vitamin A: 615.04IU (12.3%), Vitamin E: 1.64mg (10.94%), Vitamin B5: 1.06mg (10.61%), Vitamin K: 9.43µg (8.98%), Vitamin B12: 0.48µg (7.94%)