



Sausage, Pepper and Onion Pizza

READY IN



27 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 10 oz pizza dough
- ☐ 0.5 cup pizza sauce
- ☐ 4 ounces mild sausage italian (1 link)
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 1 small onion yellow thinly sliced

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ wooden spoon
- ☐ grill
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Preheat a grill for direct, medium-high grilling. If using charcoal, push 2/3 of hot coals to 1 side of grill and spread remaining 1/3 on other side to create a multi-zone fire. If using a gas grill, reduce heat on 1 side to medium.
- ☐ In a medium nonstick skillet over medium-high heat, cook sausage, breaking up any large chunks with a wooden spoon, until lightly browned and cooked through, about 5 minutes.
- ☐ Remove from skillet with a slotted spoon and transfer to a small bowl, leaving fat behind in skillet.
- ☐ Add bell pepper and onion to skillet and cook, stirring occasionally, until soft, about 6 minutes, adding 1 Tbsp. olive oil to skillet if mixture looks dry.
- ☐ Transfer to a separate small bowl.
- ☐ Dust a 14-inch-wide pizza peel with flour or cornmeal and generously flour a work surface.
- ☐ Roll dough into a 12-inch round, adding more flour as needed to prevent sticking.
- ☐ Transfer dough to pizza peel and brush with remaining 2 tsp. olive oil.
- ☐ Have your toppings within reach of the grill. Slide dough onto hottest part of grill; cover grill. Cook, rotating as needed, until bottom is blistered and browned, about 2 minutes. Flip dough onto cooler side of grill, cooked side facing up.
- ☐ Spread pizza sauce over crust and top with shredded mozzarella, leaving a 1/2-inch border.
- ☐ Spread pepper-onion mixture and sausage on top. Cover grill and cook until bottom crust has browned and cheese has melted, 2 to 3 minutes, occasionally uncovering and checking bottom of crust to ensure it's not burning. If it is, reduce heat (if using a gas grill) or move off the grill (if using charcoal).
- ☐ Transfer pizza to a cutting board and let stand 2 minutes before slicing and serving.

Nutrition Facts



 **PROTEIN 14.49%**  **FAT 44.15%**  **CARBS 41.36%**

Properties

Glycemic Index:6.35, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.2495652194256%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 71.95kcal (3.6%), Fat: 3.56g (5.48%), Saturated Fat: 1.22g (7.61%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.15g (2.6%), Sugar: 1.27g (1.42%), Cholesterol: 6.52mg (2.17%), Sodium: 190.67mg (8.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Iron: 0.53mg (2.96%), Selenium: 1.94µg (2.77%), Vitamin B1: 0.04mg (2.41%), Phosphorus: 20.63mg (2.06%), Vitamin B12: 0.12µg (1.92%), Calcium: 16.83mg (1.68%), Fiber: 0.36g (1.46%), Vitamin B6: 0.03mg (1.41%), Zinc: 0.2mg (1.35%), Vitamin B2: 0.02mg (1.32%), Vitamin E: 0.19mg (1.3%), Vitamin B3: 0.25mg (1.26%), Potassium: 39.78mg (1.14%)