



Sausage Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup torn basil leaves
- ☐ 3 ounces turkey sausage italian hot crumbled cooked
- ☐ 0.8 cup slow cooker marinara
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 6 servings pizza dough

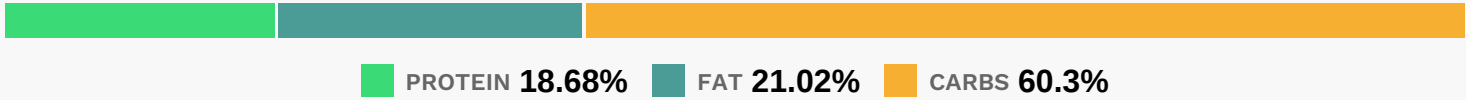
Equipment

- ☐ oven

Directions

- ☐ Top the pizza dough with marinara, sausage, and mozzarella cheese.
- ☐ Bake at 450 for 15 minutes or until the crust is browned. Top the pizza with basil leaves.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:4.6508695897849%

Nutrients (% of daily need)

Calories: 194.28kcal (9.71%), Fat: 4.61g (7.1%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 28.31g (10.29%), Sugar: 5.19g (5.77%), Cholesterol: 13.56mg (4.52%), Sodium: 747.36mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.45%), Iron: 3.26mg (18.09%), Calcium: 83.52mg (8.35%), Vitamin C: 6.69mg (8.11%), Phosphorus: 78.99mg (7.9%), Selenium: 4.7µg (6.71%), Vitamin K: 6.54µg (6.23%), Fiber: 1.46g (5.85%), Vitamin A: 268.8IU (5.38%), Vitamin B6: 0.09mg (4.63%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.64mg (4.27%), Vitamin B3: 0.85mg (4.23%), Potassium: 130.75mg (3.74%), Vitamin E: 0.46mg (3.1%), Copper: 0.06mg (2.92%), Manganese: 0.06mg (2.92%), Magnesium: 11.16mg (2.79%), Vitamin B12: 0.14µg (2.31%), Vitamin B5: 0.22mg (2.18%), Folate: 5.65µg (1.41%), Vitamin B1: 0.02mg (1.3%)