



Sausage Pizza (Pizza alla Salsiccia)

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.5 cup fennel bulb vertically sliced
- ☐ 4 ounce turkey sausage sweet italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 cup thinly onion red vertically sliced (1 small onion)
- ☐ 1 ounce parmigiano-reggiano cheese fresh grated
- ☐ 10 inch basic pizza dough
- ☐ 0.7 cup tomatoes seeded chopped (2 tomatoes)

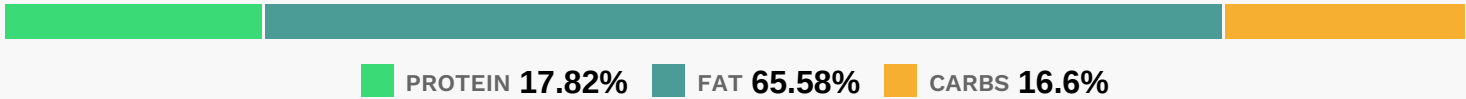
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ pizza stone

Directions

- ☐ Position an oven rack in lowest setting.
- ☐ Place a pizza stone on lowest rack.
- ☐ Preheat oven to 50
- ☐ Preheat pizza stone 30 minutes before baking pizza.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pepper to pan; cook 10 seconds.
- ☐ Remove casings from sausage.
- ☐ Add sausage, fennel, and onion to pan; saut 4 minutes or until browned, stirring to crumble sausage. Stir in salt.
- ☐ Add tomato; saut 2 minutes or until tender.
- ☐ Remove from heat.
- ☐ Spread sausage mixture over Basic Pizza Dough, leaving a 1/2-inch border. Slide dough onto preheated pizza stone, using a spatula as a guide.
- ☐ Bake at 500 for 8 minutes or until crust is golden.
- ☐ Remove from pizza stone.
- ☐ Sprinkle with cheese.
- ☐ Cut pizza into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:2.9186956464596%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 85.47kcal (4.27%), Fat: 6.26g (9.63%), Saturated Fat: 2.32g (14.51%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.01g (1.09%), Sugar: 1.19g (1.33%), Cholesterol: 13.18mg (4.39%), Sodium: 260.9mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Selenium: 4.41µg (6.31%), Vitamin B1: 0.09mg (6.12%), Phosphorus: 53.51mg (5.35%), Calcium: 50.97mg (5.1%), Vitamin K: 5.01µg (4.77%), Vitamin C: 3.38mg (4.09%), Vitamin B6: 0.07mg (3.58%), Vitamin A: 157.12IU (3.14%), Potassium: 106.9mg (3.05%), Vitamin B3: 0.6mg (2.99%), Vitamin B12: 0.17µg (2.86%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.53%), Manganese: 0.05mg (2.38%), Fiber: 0.56g (2.23%), Iron: 0.39mg (2.18%), Magnesium: 6.93mg (1.73%), Folate: 6.63µg (1.66%), Vitamin E: 0.24mg (1.6%), Copper: 0.03mg (1.4%), Vitamin B5: 0.12mg (1.25%)