



Sausage, Red Onion, and Wild Mushroom Pizza

READY IN



45 min.

SERVINGS



2

CALORIES



1354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings kosher salt
- ☐ 7 ounces mushrooms wild fresh stemmed sliced (such as shiitake, oyster, and chanterelle)
- ☐ 2.3 teaspoons rosemary leaves fresh divided finely chopped
- ☐ 2 ground sausage italian hot
- ☐ 1.5 tablespoons olive oil divided
- ☐ 0.7 cup parmesan finely grated
- ☐ 16 ounce pizza dough fresh
- ☐ 1 small onion red thinly sliced

- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 7 ounces whole-milk mozzarella divided grated

Equipment

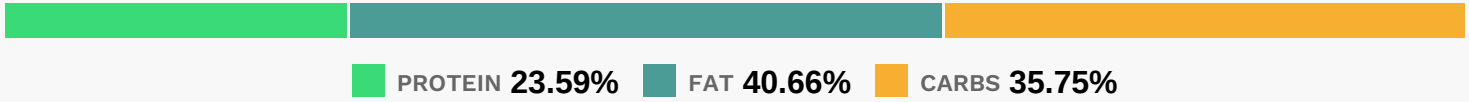
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula
- ☐ slotted spoon
- ☐ chefs knife

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 450°F. Lightly flour 2 baking sheets.
- ☐ Place dough on work surface; let stand until room temperature, about 20 minutes. Divide dough in half. Press and stretch each piece out on lightly floured surface to 5-inch round.
- ☐ Sprinkle each with 1/3 cup Piave cheese, 3/4 teaspoon rosemary, and 1/4 teaspoon crushed red pepper; sprinkle with coarse salt.
- ☐ Roll each piece of dough out to 10-inch round, pressing in seasonings.
- ☐ Transfer dough rounds to prepared baking sheets.
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add sausage. Sauté until brown, breaking into 1/2-inch pieces with back of spoon, about 5 minutes. Using slotted spoon, transfer sausage to bowl.
- ☐ Add onion to skillet. Sauté until crisp-tender, about 2 minutes; transfer to plate.
- ☐ Add remaining 1/2 tablespoon oil to skillet.
- ☐ Add mushrooms and remaining 3/4 teaspoon rosemary; sprinkle with salt and pepper. Sauté until brown, about 5 minutes. Leaving 1/2-inch plain border, top each dough round with 3/4 cup mozzarella, then onion, sausage, and mushrooms.

- ☐ Bake until crust bottoms are crisp and brown, reversing sheets after 10 minutes, about 20 minutes total. Using large spatula, transfer pizzas to work surface.
- ☐ Sprinkle each with 2 tablespoons mozzarella, then parsley, if desired.
- ☐ Pizza-wheel cutters can drag toppings, so use a large chef's knife to cut pizzas into wedges.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:34.900869524997%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 1354.22kcal (67.71%), Fat: 61.7g (94.92%), Saturated Fat: 21.38g (133.6%), Carbohydrates: 122.1g (40.7%), Net Carbohydrates: 114.79g (41.74%), Sugar: 20.13g (22.37%), Cholesterol: 125.65mg (41.88%), Sodium: 3939.08mg (171.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.54g (161.07%), Calcium: 1386.22mg (138.62%), Phosphorus: 1144.13mg (114.41%), Selenium: 63.63µg (90.91%), Vitamin B2: 1.02mg (59.71%), Vitamin B1: 0.78mg (51.73%), Zinc: 7.44mg (49.62%), Iron: 8.79mg (48.84%), Vitamin B12: 2.37µg (39.53%), Vitamin B3: 7.55mg (37.77%), Vitamin B6: 0.63mg (31.29%), Fiber: 7.31g (29.22%), Copper: 0.48mg (23.82%), Potassium: 825.68mg (23.59%), Vitamin B5: 2.28mg (22.81%), Magnesium: 78.37mg (19.59%), Vitamin A: 890.24IU (17.8%), Vitamin E: 1.94mg (12.91%), Folate: 48.8µg (12.2%), Vitamin C: 8.42mg (10.21%), Manganese: 0.2mg (9.96%), Vitamin K: 9.22µg (8.78%), Vitamin D: 0.37µg (2.43%)