



## Sausage & tomato pizza

READY IN



20 min.

SERVINGS



2

CALORIES



1006 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 large onion red peeled finely sliced
- ☐ 2 garlic clove
- ☐ 5 tbsp passata
- ☐ 1 pinch sugar
- ☐ 1 large uncook pizza crust (25cm)
- ☐ 2 sausage cut into thin slices
- ☐ 50 g cheese grated (any kind)
- ☐ 1 handful basil

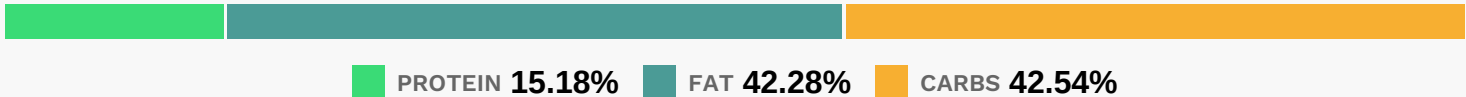
# Equipment

- ☐ baking sheet
- ☐ oven

# Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Heat the olive oil, then fry the onion and garlic until softened, about 5 mins. Season the passata with a pinch of sugar, salt and pepper.
- ☐ Put the pizza base onto a baking sheet and spread over the passata, leaving a border around the edge. Top with the onions, sausages and, finally, the cheese. Cook in the oven for 10 mins until crisp. Scatter with basil, if using.

# Nutrition Facts



# Properties

Glycemic Index:126.05, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:16.039565231489%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg, Quercetin: 12.87mg

# Nutrients (% of daily need)

Calories: 1006.09kcal (50.3%), Fat: 47.2g (72.62%), Saturated Fat: 17.77g (111.09%), Carbohydrates: 106.85g (35.62%), Net Carbohydrates: 102.08g (37.12%), Sugar: 7.87g (8.74%), Cholesterol: 86.2mg (28.73%), Sodium: 1768.19mg (76.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.14g (76.27%), Iron: 7.32mg (40.66%), Calcium: 391.51mg (39.15%), Phosphorus: 266.35mg (26.64%), Vitamin B3: 4.69mg (23.45%), Vitamin B6: 0.43mg (21.63%), Zinc: 3.04mg (20.28%), Fiber: 4.76g (19.06%), Vitamin B1: 0.28mg (18.84%), Vitamin B12: 0.99µg (16.46%), Vitamin B2: 0.26mg (15.59%), Vitamin E: 2.17mg (14.44%), Potassium: 501.01mg (14.31%), Vitamin C: 10.02mg (12.15%), Selenium: 8.06µg (11.52%), Vitamin A: 572.37IU (11.45%), Copper: 0.21mg (10.67%), Vitamin K: 10.94µg (10.41%), Manganese: 0.21mg (10.35%), Vitamin B5: 0.94mg (9.37%), Magnesium: 34.74mg (8.68%), Vitamin D: 1.25µg (8.37%), Folate: 21.72µg (5.43%)