



Skillet Pizza Potatoes

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb sausage meat italian
- ☐ 3 oz pepperoni
- ☐ 14 oz tomato sauce
- ☐ 0.5 cup water
- ☐ 28 oz potatoes frozen with onions and peppers
- ☐ 4 oz pizza cheese shredded italian

Equipment

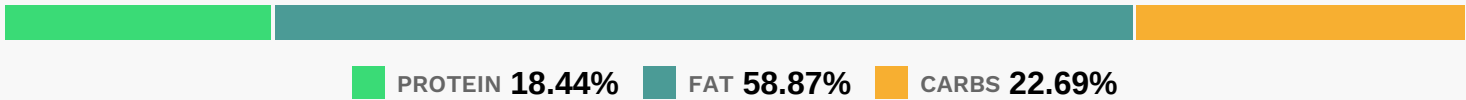
- ☐ frying pan

☐ dutch oven

Directions

- ☐ In Dutch oven or 12-inch nonstick skillet, cook sausage over medium-high heat, stirring frequently, until no longer pink. Stir in pepperoni; cook 2 minutes.
- ☐ Drain.
- ☐ Stir in pizza sauce and water.
- ☐ Add potatoes; stir to mix. Reduce heat to medium; cover and cook 10 to 15 minutes, stirring occasionally, until potatoes are tender.
- ☐ Sprinkle cheese over top.
- ☐ Remove from heat; cover and let stand 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:36.95, Glycemic Load:21.72, Inflammation Score:-6, Nutrition Score:18.913478208625%

Flavonoids

Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 575.61kcal (28.78%), Fat: 37.99g (58.45%), Saturated Fat: 11.97g (74.82%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 28.26g (10.28%), Sugar: 4.06g (4.52%), Cholesterol: 86.35mg (28.78%), Sodium: 1275.78mg (55.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.78g (53.57%), Vitamin C: 37.47mg (45.41%), Vitamin B6: 0.89mg (44.26%), Vitamin B3: 7.58mg (37.88%), Potassium: 1175.71mg (33.59%), Vitamin B1: 0.44mg (29.44%), Phosphorus: 261.27mg (26.13%), Manganese: 0.43mg (21.68%), Zinc: 3.02mg (20.14%), Fiber: 4.68g (18.73%), Iron: 3.23mg (17.96%), Copper: 0.34mg (17.09%), Vitamin B12: 0.99µg (16.54%), Magnesium: 64.42mg (16.1%), Vitamin B5: 1.53mg (15.25%), Vitamin B2: 0.26mg (15.11%), Vitamin E: 1.51mg (10.04%), Vitamin D: 1.4µg (9.34%), Calcium: 87.63mg (8.76%), Folate: 34.3µg (8.58%), Selenium: 5.89µg (8.41%), Vitamin A: 414.92IU (8.3%), Vitamin K: 6.59µg (6.27%)