



Smoked Sausage Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup gouda cheese smoked shredded
- ☐ 1 tablespoon liquid smoke
- ☐ 0.3 cup peach preserves
- ☐ 0.3 cup pesto
- ☐ 14 ounce pre-made pizza crust
- ☐ 1 pound roll sausage italian bob evans®
- ☐ 1 bell pepper red cut into strips
- ☐ 1 small onion red thinly sliced

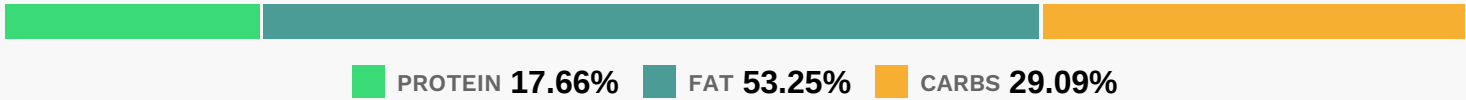
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Preheat oven to 425 F.
- ☐ Place pizza crust onto baking sheet.
- ☐ In large skillet over medium heat, crumble and cook sausage until browned.
- ☐ Add red pepper and onion and cook until softened. Stir in liquid smoke.
- ☐ Drain on paper towels.
- ☐ Spread pesto on pizza crust. Top with sausage mixture.
- ☐ Heat peach preserves in microwave safe bowl for 30 seconds and drizzle over pizza. Top with cheese.
- ☐ Bake for 10 to 12 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:9.22, Inflammation Score:-8, Nutrition Score:20.882173901019%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 963.69kcal (48.18%), Fat: 56.66g (87.17%), Saturated Fat: 23.66g (147.87%), Carbohydrates: 69.66g (23.22%), Net Carbohydrates: 66.59g (24.21%), Sugar: 16.03g (17.81%), Cholesterol: 150.31mg (50.1%), Sodium: 1894.15mg (82.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.28g (84.56%), Calcium: 552.04mg (55.2%), Vitamin C: 42.78mg (51.85%), Phosphorus: 495.78mg (49.58%), Vitamin A: 1662.55IU (33.25%), Zinc: 4.9mg (32.68%), Vitamin B12: 1.87µg (31.25%), Vitamin B3: 5.7mg (28.51%), Vitamin B6: 0.52mg (25.91%), Iron: 4.48mg (24.88%), Vitamin B1: 0.36mg (24.11%), Vitamin B2: 0.38mg (22.63%), Potassium: 472.08mg (13.49%), Selenium: 9.17µg (13.1%), Fiber: 3.07g (12.29%), Vitamin D: 1.77µg (11.8%), Vitamin B5: 1.09mg (10.94%), Magnesium: 40.2mg (10.05%), Folate: 34.8µg (8.7%), Copper: 0.13mg (6.66%), Vitamin E: 0.86mg (5.72%), Manganese: 0.09mg (4.47%), Vitamin K: 3.38µg (3.22%)