



WHATSheATE

Smoky, Spicy Pizza

READY IN



21 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.3 ounces chorizo fresh italian (1 link)
- ☐ 1 large jalapeño seeded cut into 1/4-inch slices,
- ☐ 0.3 cup tomatoes
- ☐ 5 ounces mozzarella cheese smoked cut into 1/4-inch-thick slices
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 pizza dough or
- ☐ 1 pizza dough whole-wheat

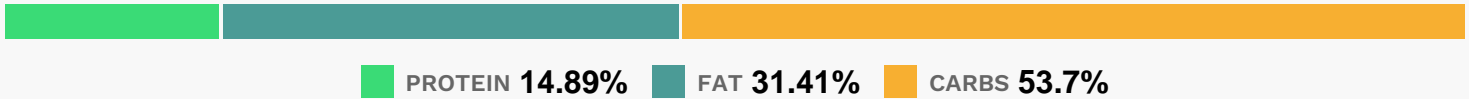
Equipment

- ☐ frying pan
- ☐ oven
- ☐ rolling pin
- ☐ cutting board

Directions

- ☐ Place oven rack on lowest shelf. If you have a stone, place it on rack. Preheat oven to 550F, or your oven's highest temperature, for 45 minutes.
- ☐ Warm 1 tsp. oil in a skillet over medium-high heat. Crumble sausage into skillet; saut until no longer pink, 3 minutes.
- ☐ Transfer to a plate.
- ☐ Dust a 14-inch-wide pizza peel with cornmeal; flatten dough on top. Using lightly floured fingers or a floured rolling pin, stretch dough into a 13- to 14-inch round. (
- ☐ Sprinkle peel with more cornmeal if necessary to make sure crust slides around easily on peel.)
- ☐ Brush remaining 2 tsp. oil over surface of crust.
- ☐ Arrange cheese over dough, leaving a 1-inch border. Spoon sauce in a spiral over pizza, getting a little bit on cheese, leaving a 1-inch border.
- ☐ Sprinkle on sausage, jalapeo and red onion.
- ☐ Carefully slide pizza onto stone.
- ☐ Bake until crust is just slightly charred on top and golden on bottom (lift an edge to check) and cheese has melted, about 8 minutes. Using peel, transfer pizza to a cutting board.
- ☐ Let rest for a minute or 2, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:8.419130369373%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 702.57kcal (35.13%), Fat: 24.76g (38.09%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 95.22g (31.74%), Net Carbohydrates: 91.96g (33.44%), Sugar: 13.18g (14.64%), Cholesterol: 45.5mg (15.17%), Sodium: 1876.79mg (81.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.41g (52.82%), Iron: 5.88mg (32.68%), Calcium: 185.7mg (18.57%), Vitamin B12: 1.02µg (16.96%), Selenium: 11.84µg (16.92%), Phosphorus: 163.2mg (16.32%), Fiber: 3.26g (13.04%), Zinc: 1.49mg (9.9%), Vitamin B1: 0.15mg (9.77%), Vitamin B2: 0.15mg (8.91%), Vitamin C: 5.68mg (6.89%), Vitamin A: 343.59IU (6.87%), Vitamin E: 0.92mg (6.11%), Vitamin B6: 0.11mg (5.59%), Vitamin B3: 0.98mg (4.91%), Potassium: 139.4mg (3.98%), Vitamin K: 4µg (3.81%), Magnesium: 13.13mg (3.28%), Vitamin B5: 0.23mg (2.26%), Manganese: 0.04mg (2.19%), Copper: 0.04mg (2.08%), Folate: 6.65µg (1.66%)