



WHATSheATE



Spicy Sausage and Gorgonzola Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bell pepper green halved thin
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 4 ounces gorgonzola crumbled
- ☐ 12 ounces ground sausage italian hot
- ☐ 0.3 cup kalamata olives black pitted halved
- ☐ 1.3 cups tomatoes refrigerated
- ☐ 5 ounces mozzarella cheese grated
- ☐ 10 ounce uncook pizza crust thin

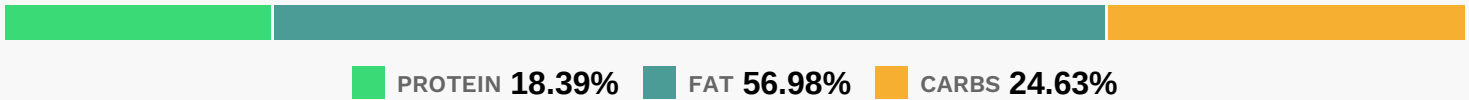
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in center of oven and preheat to 425°F. Sauté sausage in large skillet over medium-high heat until just cooked through, breaking into 1/2-inch pieces with back of spoon, about 10 minutes.
- ☐ Drain off fat; set sausage aside.
- ☐ Place pizza crust on rimless baking sheet. Leaving 3/4-inch plain border, spread 1 cup sauce over crust. Top with 3/4 cup mozzarella, 3/4 of basil, sausage, 1/2 cup Gorgonzola, olives, 1/2 cup mozzarella, bell pepper and 1/2 cup Gorgonzola.
- ☐ Drizzle remaining 1/4 cup sauce over.
- ☐ Bake pizza until crust is crisp and topping is heated through, about 13 minutes.
- ☐ Sprinkle with remaining basil.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:1.49, Inflammation Score:-7, Nutrition Score:18.281739100166%

Flavonoids

Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 499.36kcal (24.97%), Fat: 31.77g (48.88%), Saturated Fat: 14.29g (89.29%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 27.85g (10.13%), Sugar: 4.81g (5.34%), Cholesterol: 75.93mg (25.31%), Sodium: 1362.65mg (59.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin C: 68.85mg (83.46%), Selenium: 21.18µg (30.26%), Calcium: 293.79mg (29.38%), Phosphorus: 268.28mg (26.83%), Vitamin B1: 0.39mg

(26.26%), Vitamin B6: 0.44mg (22.14%), Vitamin B12: 1.29µg (21.42%), Vitamin A: 946.06IU (18.92%), Vitamin B2: 0.29mg (17.15%), Iron: 2.97mg (16.49%), Zinc: 2.44mg (16.28%), Vitamin K: 16.68µg (15.88%), Vitamin B3: 2.98mg (14.89%), Potassium: 508.48mg (14.53%), Fiber: 3.05g (12.18%), Manganese: 0.22mg (10.8%), Copper: 0.18mg (9.05%), Vitamin E: 1.35mg (9.01%), Vitamin B5: 0.89mg (8.91%), Magnesium: 34.5mg (8.62%), Folate: 27.05µg (6.76%), Vitamin D: 0.19µg (1.26%)