



Spicy Sausage and Mushroom Pizza

READY IN



40 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces turkey sausage italian hot
- 0.5 cup lower-sodium marinara sauce (such as McCutcheon's)
- 8 ounce pre mushrooms
- 1 cup onion thinly sliced
- 1 ounce parmigiano-reggiano cheese grated
- 2 ounces part-skim mozzarella cheese shredded
- 1 cup bell pepper diced green red
- 1 pound pizza dough fresh refrigerated
- 1 tablespoon cornmeal yellow

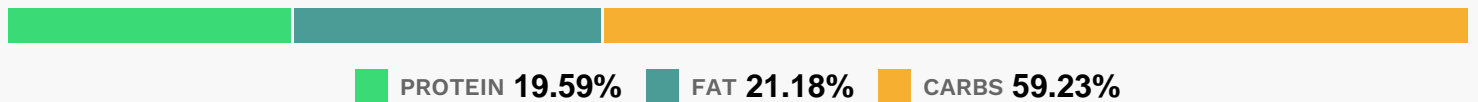
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 45
- Place dough in a bowl coated with cooking spray; let dough stand, covered, for 15 minutes.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Remove casings from sausage.
- Add sausage to pan; cook 3 minutes, stirring to crumble.
- Add onion and mushrooms; saut 4 minutes.
- Add bell pepper; saut 2 minutes.
- Sprinkle a baking sheet with cornmeal; roll dough into a 12-inch circle on prepared baking sheet.
- Spread sauce over dough, leaving a 1/2-inch border. Top with sausage mixture.
- Sprinkle cheeses over sausage mixture.
- Bake at 450 on bottom oven rack for 17 minutes or until crust is golden.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:2.01, Inflammation Score:-5, Nutrition Score:10.13086961145%

Flavonoids

Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg,

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Nutrients (% of daily need)

Calories: 293.61kcal (14.68%), Fat: 7.08g (10.89%), Saturated Fat: 3.03g (18.91%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 41.51g (15.09%), Sugar: 8.66g (9.63%), Cholesterol: 19.28mg (6.43%), Sodium: 956.7mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Vitamin C: 29.91mg (36.25%), Iron: 4.49mg (24.95%), Phosphorus: 165.98mg (16.6%), Vitamin B2: 0.26mg (15.17%), Selenium: 10.49µg (14.99%), Calcium: 146.52mg (14.65%), Vitamin B3: 2.48mg (12.38%), Fiber: 3.02g (12.08%), Vitamin B6: 0.24mg (11.99%), Copper: 0.2mg (9.97%), Potassium: 318.11mg (9.09%), Vitamin B5: 0.88mg (8.76%), Zinc: 1.16mg (7.76%), Manganese: 0.13mg (6.47%), Vitamin A: 290.39IU (5.81%), Vitamin B1: 0.08mg (5.59%), Magnesium: 22.38mg (5.59%), Folate: 19.07µg (4.77%), Vitamin B12: 0.23µg (3.84%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.75µg (2.62%)