



Spicy Sausage in Carrozza

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup olive oil extra-virgin for brushing
- ☐ 12 ounce pizza dough store bought
- ☐ 6 servings salt and pepper
- ☐ 6 spicy sausages italian
- ☐ 15 garlic cloves whole

Equipment

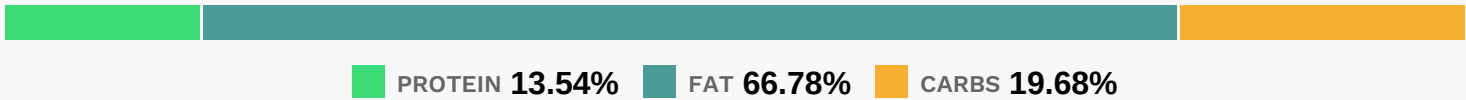
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a saucepan add 1/2-inch water to the pan. Immerse sausages in water and simmer for 10 minutes.
- ☐ Remove sausage and dry the pan. Return to the heat and add the olive oil on medium heat. When hot return the sausage to the pan with garlic cloves and saute until medium brown all over.
- ☐ Remove garlic to a bowl.
- ☐ Remove sausage to a plate to cool. Use a fork to mash the garlic with salt and pepper. Stir in mustard and set aside.
- ☐ Preheat oven to 375 degrees F.
- ☐ Cut each piece of dough into 2 and roll out until 1/4-inch thick.
- ☐ Cut 6 pieces of dough about 3 inches wide and 1/2-inch shorter then the length of sausage, just enough to wrap around sausage with the ends peeking out.
- ☐ Spread bottom of each dough with a tablespoon of garlic/mustard paste. Set sausage on top, moisten 1 dough edge with a wet finger so it sticks together and roll. Press the seam firmly and set them on a lightly floured sheet pan, seam side down.
- ☐ Brush with olive oil.
- ☐ Bake until brown all around.
- ☐ Remove and let cool for 5 minutes.
- ☐ Cut into 3/4-inch long pieces and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:11.883043644869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 620.78kcal (31.04%), Fat: 46.05g (70.85%), Saturated Fat: 14.32g (89.5%), Carbohydrates: 30.52g (10.17%), Net Carbohydrates: 29.3g (10.65%), Sugar: 3.66g (4.07%), Cholesterol: 85.12mg (28.37%), Sodium: 1478.9mg (64.3%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 21.02g (42.03%), Vitamin B1: 0.66mg (44.04%), Selenium: 30.54µg (43.63%), Vitamin B6: 0.43mg (21.62%), Vitamin B3: 3.72mg (18.6%), Phosphorus: 175.91mg (17.59%), Iron: 3.11mg (17.29%), Vitamin B12: 1.02µg (16.99%), Zinc: 2.12mg (14.16%), Vitamin B2: 0.2mg (11.75%), Manganese: 0.21mg (10.59%), Potassium: 321.07mg (9.17%), Vitamin E: 1.32mg (8.8%), Vitamin B5: 0.63mg (6.31%), Copper: 0.12mg (5.79%), Vitamin C: 4.6mg (5.58%), Vitamin K: 5.62µg (5.35%), Magnesium: 19.96mg (4.99%), Fiber: 1.22g (4.89%), Calcium: 37.1mg (3.71%), Folate: 9.53µg (2.38%)