



Spicy Turkey Sausage Pizza (The Power-Up Pie)

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.8 cup tomatoes
- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 8 servings prebaked pizza crust
- ☐ 3 ounces spicy turkey sausage

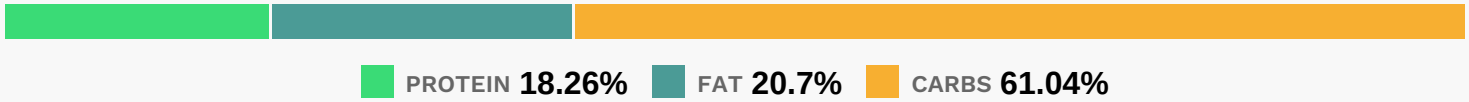
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Remove turkey sausage from its casing, and break into smaller pieces; set aside.
- ☐ Place a prebaked pizza crust on a shallow baking pan.
- ☐ Spread marinara sauce on top of crust.
- ☐ Sprinkle with shredded mozzarella cheese and sausage; bake 10 minutes or until sausage is cooked through and cheese is melted. Top with baby arugula.
- ☐ Cut into 8 slices; serve.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.5604347878176%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 220.39kcal (11.02%), Fat: 5.06g (7.78%), Saturated Fat: 2.43g (15.17%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 32.17g (11.7%), Sugar: 1.94g (2.16%), Cholesterol: 12.45mg (4.15%), Sodium: 565.92mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.07%), Calcium: 123.97mg (12.4%), Iron: 2.19mg (12.18%), Phosphorus: 58.73mg (5.87%), Fiber: 1.38g (5.52%), Vitamin A: 200.42IU (4.01%), Zinc: 0.58mg (3.87%), Vitamin B6: 0.08mg (3.75%), Vitamin B2: 0.06mg (3.72%), Vitamin B3: 0.73mg (3.66%), Vitamin K: 3.48µg (3.31%), Vitamin B12: 0.2µg (3.26%), Potassium: 111.18mg (3.18%), Vitamin C: 2.23mg (2.7%), Vitamin E: 0.37mg (2.43%), Magnesium: 8.25mg (2.06%), Vitamin B5: 0.2mg (1.96%), Copper: 0.04mg (1.96%), Manganese: 0.04mg (1.78%), Selenium: 1.15µg (1.65%), Folate: 5.65µg (1.41%), Vitamin B1: 0.02mg (1.07%)