



The Works Deep-Pan Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce mushrooms drained sliced canned
- ☐ 1 teaspoon seasoning dried italian
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 0.3 cup pepper rings drained
- ☐ 6.5 ounce bette hagan's pizza/french bread flour mix
- ☐ 8 ounce tomato sauce canned
- ☐ 6 ounces diestel breakfast sausage crumbled cooked
- ☐ 0.7 cup water hot (120° to 130°)
- ☐ 0.3 cup cornmeal yellow

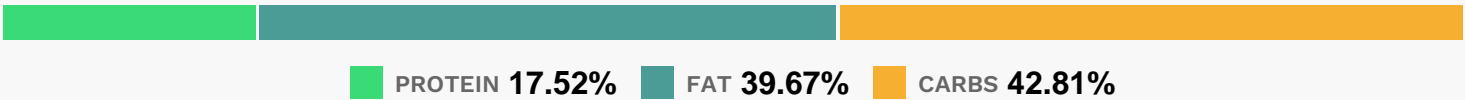
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 3 ingredients in a bowl; stir with a fork until well blended. Shape dough into a ball; coat with cooking spray. Cover and let stand 5 minutes. Press dough in bottom and 1 inch up sides of a 10-inch cast-iron skillet coated with cooking spray; prick several times with a fork.
- ☐ Bake at 425 for 5 minutes.
- ☐ Combine tomato sauce and Italian seasoning; spread over crust. Top with sausage, mushrooms, peppers, and cheese.
- ☐ Bake at 425 for 20 minutes or until cheese melts and crust is golden.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:4.49, Inflammation Score:-3, Nutrition Score:9.3191305347111%

Nutrients (% of daily need)

Calories: 301.86kcal (15.09%), Fat: 13.35g (20.53%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 29.61g (10.77%), Sugar: 3.2g (3.56%), Cholesterol: 32.51mg (10.84%), Sodium: 840.56mg (36.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.53%), Iron: 8.09mg (44.93%), Phosphorus: 175.06mg (17.51%), Calcium: 165.4mg (16.54%), Vitamin B3: 2.41mg (12.06%), Zinc: 1.71mg (11.4%), Fiber: 2.8g (11.21%), Vitamin B6: 0.21mg (10.5%), Vitamin B1: 0.14mg (9.44%), Copper: 0.16mg (8.06%), Vitamin B2: 0.13mg (7.79%), Potassium: 267.66mg (7.65%), Magnesium: 28.85mg (7.21%), Manganese: 0.14mg (7.07%), Selenium: 4.66µg (6.65%), Vitamin B12: 0.4µg (6.6%), Vitamin B5: 0.61mg (6.07%), Vitamin A: 281.51IU (5.63%), Vitamin E: 0.72mg (4.81%), Vitamin C: 2.85mg (3.46%), Vitamin K: 3.56µg (3.39%), Vitamin D: 0.48µg (3.21%), Folate: 12.58µg (3.15%)