



Veggie and Sausage Skillet Pizza

READY IN



75 min.

SERVINGS



6

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bulk turkey sausage italian
- ☐ 1.5 cups mushrooms fresh sliced
- ☐ 2 cups mozzarella cheese shredded reduced-fat
- ☐ 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- ☐ 0.5 cup pizza sauce
- ☐ 2 medium plum tomatoes chopped Roma

Equipment

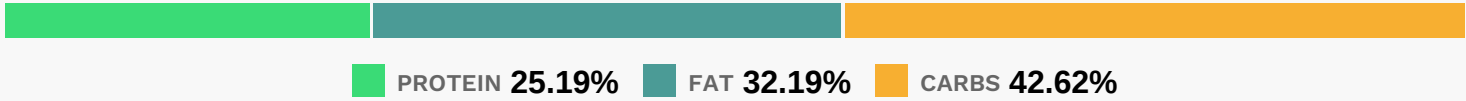
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 400 degrees F. In 6-inch nonstick skillet, cook sausage over medium-high heat 4 to 6 minutes, stirring frequently, until no longer pink. Stir in mushrooms, tomatoes and pizza sauce.
- ☐ Remove from heat; cover to keep warm.
- ☐ Spray bottom and side of 12-inch cast-iron skillet or other ovenproof skillet with cooking spray. Unroll dough in skillet; press in bottom and at least halfway up side.
- ☐ Bake 5 minutes.
- ☐ Sprinkle 1 3/4 cups of the cheese over dough. Spoon sausage and vegetable mixture over cheese; top with remaining 1/4 cup cheese.
- ☐ Bake 15 to 18 minutes or until crust is golden brown.
- ☐ Sprinkle with green onions.
- ☐ Let stand 10 minutes before cutting. To serve, cut into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:0.73, Inflammation Score:-4, Nutrition Score:11.807826306509%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 347.12kcal (17.36%), Fat: 12.45g (19.15%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 34.96g (12.71%), Sugar: 4.37g (4.85%), Cholesterol: 44.14mg (14.71%), Sodium: 1028.72mg (44.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.84%), Calcium: 367.41mg (36.74%), Iron: 5.86mg (32.54%), Phosphorus: 275.44mg (27.54%), Selenium: 16.17µg (23.1%), Vitamin C: 16.26mg (19.7%), Vitamin B2: 0.29mg (17.25%), Zinc: 2.05mg (13.66%), Vitamin B3: 2.62mg (13.1%), Vitamin B6: 0.23mg (11.59%), Vitamin A: 496.17IU (9.92%), Fiber: 2.12g (8.48%), Potassium: 292.04mg (8.34%), Copper: 0.16mg (8.17%), Vitamin B12: 0.48µg

(8.02%), Vitamin B5: 0.77mg (7.72%), Magnesium: 25.61mg (6.4%), Vitamin B1: 0.07mg (4.37%), Manganese: 0.09mg (4.27%), Folate: 15.43µg (3.86%), Vitamin E: 0.46mg (3.07%), Vitamin K: 2.81µg (2.67%), Vitamin D: 0.16µg (1.07%)