



Vongole Pizza with Andouille, Clams and Scallops

READY IN



25 min.

SERVINGS



4

CALORIES



657 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound bread dough refrigerated frozen thawed
- 1 cup chorizo sausage diced
- 6 ounce baby clams drained canned
- 10 ounce pkt spinach frozen thawed drained well
- 1 cup oil-packed sun-dried tomatoes
- 2 teaspoons olive oil
- 1 teaspoon oregano dried
- 2 tablespoons parmesan grated

- 2 cups part-skim mozzarella cheese shredded
- 2 scallops cooked chopped

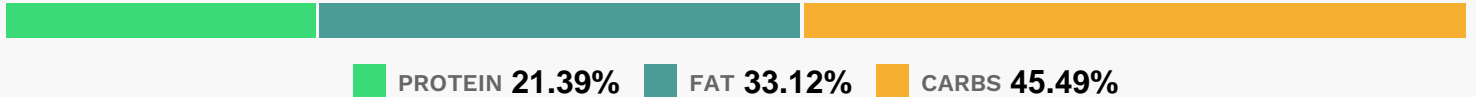
Equipment

- frying pan
- oven

Directions

- Preheat oven to 450 degrees F.
- Cook sausage in the olive oil in a large skillet over medium-high heat until browned and crisp.
- Remove from heat.
- Press the thawed dough into a 15-inch circle. Top dough with spinach and sun-dried tomatoes. Top with chopped scallops, baby clams and half of the sausage, then both cheeses.
- Sprinkle with dried oregano.
- Bake 10 to 12 minutes, until cheese melts.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:31.951739238656%

Nutrients (% of daily need)

Calories: 657.47kcal (32.87%), Fat: 23.97g (36.88%), Saturated Fat: 11.29g (70.58%), Carbohydrates: 74.1g (24.7%), Net Carbohydrates: 66.24g (24.09%), Sugar: 11.47g (12.75%), Cholesterol: 82.98mg (27.66%), Sodium: 1035.61mg (45.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.84g (69.68%), Vitamin K: 280.74µg (267.37%), Vitamin A: 9165.81IU (183.32%), Calcium: 612.06mg (61.21%), Manganese: 1.04mg (52.22%), Phosphorus: 447.68mg (44.77%), Potassium: 1262.44mg (36.07%), Folate: 129.39µg (32.35%), Fiber: 7.86g (31.45%), Magnesium: 124.7mg (31.17%), Vitamin C: 25.42mg (30.81%), Vitamin B2: 0.48mg (28.09%), Iron: 4.95mg (27.53%), Copper: 0.52mg (25.78%), Selenium: 17.33µg (24.75%), Vitamin B12: 1.32µg (21.93%), Zinc: 2.67mg (17.82%), Vitamin E: 2.56mg (17.1%), Vitamin B3: 3.01mg (15.06%), Vitamin B1: 0.23mg (15.02%), Vitamin B6: 0.27mg (13.3%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 0.18µg (1.2%)