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Italian Sausage Original Crust Pizza

A classic Italian sausage pizza with a crispy original crust. This pizza is made with a combination of savory Italian sausage, gooey mozzarella cheese, and tangy tomato sauce. It's a crowd-pleasing favorite that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Pizza Dough
200 g	Italian Sausage
150 g	Mozzarella Cheese
100 g	tomato sauce

10 g	olive oil
5 g	Salt
2 g	Black pepper
2 g	Dried Oregano

Directions

Step 1

Oven

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Remove the Italian sausage from its casing and crumble it into a skillet. Cook over medium heat until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Preparation

Roll out the pizza dough on a floured surface to your desired thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Spread the tomato sauce evenly over the pizza dough, leaving a small border around the edges.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Preparation

Sprinkle the cooked Italian sausage over the tomato sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Preparation

Top with mozzarella cheese, salt, black pepper, and dried oregano.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Preparation

Drizzle olive oil over the pizza.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Oven

Bake in the preheated oven for 12-15 minutes, or until the crust is golden brown and the cheese is bubbly and melted.

Prep Time: 0 mins

Cook Time: 15 mins

Step 9

Resting

Remove from the oven and let it cool for a few minutes before slicing and serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian French Middle Eastern

Kitchen Tools

Slow Cooker Blender Grill

Nutritional Content

Low Calorie

Events

Picnic

Course

Salads Soups Snacks

Cultural

Chinese New Year Halloween

Cost

Under \$10 \$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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