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## Sausage Thin Crust Pizza (Medium 12")

This sausage thin crust pizza is a classic favorite. The crispy thin crust is topped with savory sausage, gooey cheese, and flavorful tomato sauce. It's perfect for pizza lovers who enjoy a thin and crispy crust.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 600 grams

**Number of Servings:** 4

**Serving Size:** 150 g

### Ingredients

300 g	Pizza Dough
200 g	tomato sauce
150 g	Sausage
200 g	Mozzarella Cheese

<b>2 tsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>1 tsp</b>	dried oregano

## Directions

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### Step 1

Oven

Preheat the oven to 450°F (230°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Preparation

Roll out the pizza dough on a floured surface to a 12-inch (30 cm) diameter.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 3

Preparation

Transfer the rolled-out dough to a baking sheet or pizza stone.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Preparation

Spread the tomato sauce evenly over the dough.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Preparation

Sprinkle the mozzarella cheese over the sauce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Preparation

Crumble the sausage over the cheese.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

### Preparation

Drizzle olive oil over the pizza.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 8

### Preparation

Season with salt, pepper, and dried oregano.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 9

### Baking

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 10

### Cooling

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 15 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 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	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
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%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

### Kitchen Tools

Grill

### Course

Salads

Snacks

### Demographics

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

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

Paleo Diet

The Whole30 Diet

Nutrisystem Diet

16:8 Diet

Body for Life Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

The F-Plan Diet

The Gut and Psychology Syndrome (GAPS) Diet

The PCOS (Polycystic Ovary Syndrome) Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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