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Thin Crust Sausage Pizza ♦♦

A delicious thin crust sausage pizza that is perfect for pizza lovers.

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	thin crust pizza dough
200 g	Sausage
150 g	pizza sauce
200 g	mozzarella cheese
5 g	Oregano
5 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the oven to 450°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Rolling

Roll out the pizza dough into a thin crust.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the pizza sauce evenly over the dough.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Baking

Place the sausage on top of the cheese.

Prep Time: 1 mins

Cook Time: 12 mins

Step 6

Seasoning

Season with oregano, salt, and pepper.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

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

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 25 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)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	10 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	2 mcg	13.33%	13.33%

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	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Slow Cooker

Blender

Course

Desserts

Salads

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

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

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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