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Sausage Pizza ♦♦

Sausage pizza is a classic Italian dish that is enjoyed all over the world. It is made with a crispy crust, tangy tomato sauce, melted cheese, and savory sausage toppings. This recipe will guide you through the process of making your own delicious sausage pizza at home.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

| | |
|-------|-------------------|
| 500 g | Pizza Dough |
| 250 g | tomato sauce |
| 200 g | Mozzarella Cheese |
| 200 g | Sausage |
| 20 g | olive oil |

| | |
|-----|---------------|
| 5 g | Salt |
| 5 g | Pepper |
| 5 g | Garlic powder |
| 5 g | Dried Oregano |

Directions

Step 1

Oven

Preheat the oven to 475°F (245°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

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

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preparation

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Sprinkle the mozzarella cheese over the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Preparation

Arrange the sausage slices on top of the cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Preparation

Drizzle olive oil over the pizza and season with salt, pepper, garlic powder, and dried oregano.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Baking

Bake the pizza in the preheated oven for 15-20 minutes, or until the crust is golden brown and the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 20 mins

Step 9

Resting

Remove the pizza 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: 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) |
|---------------|-------|------------------------|--------------------------|
| 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 | 15 g | 53.57% | 60% |
| Cholesterol | 30 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 | 5 mg | 384.62% | 384.62% |
| 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% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| 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 French German Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Salads Snacks Sauces & Dressings

Cultural

Ramadan St. Patrick's Day

Cost

\$10 to \$20 \$20 to \$30 \$40 to \$50

Demographics

Heart Healthy

Diet

Mediterranean Diet Paleo Diet Vegetarian Diet Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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