

Italian Sausage Pizza with Garlic Cream Sauce - 1941

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.52 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	12 1/2 tbsp	0 lb 5.95 oz	0%	0 lb 5.95 oz	Olive oil, extra virgin	<p>Heat a medium skillet over medium heat. Add 2 tablespoons of olive oil and minced garlic. Cook until fragrant and garlic is slightly browned. With a slotted spoon, remove garlic, but leave the oil in a pan and set aside.</p> <p>Return skillet with garlic oil to the stove, and place on medium heat. Add Hungry Planet Italian sausage, red pepper flakes, and oregano to skillet, and break up into medium-sized pieces. Cook sausage until lightly browned and the temperature reaches 165 degrees, about 5 to 6 minutes.. Remove crumbles from the skillet and set them aside.</p> <p>Once the garlic is cool, roughly chop it and add it into the vegan alfredo sauce.</p> <p>Lay flatbreads onto a lightly oiled baking sheet. Spoon equal portions of vegan alfredo, Italian sausage mixture, and spinach. Sprinkle top with freshly chopped thyme, and finish with slices of smoked provolone cheese or your favorite vegan pizza cheese.</p> <p>Place flatbreads on center rack in oven and bake for 15-18 minutes, or until cheese is melted and flatbread crust is crispy and golden brown. Season with salt and pepper to taste and serve.</p>
	18 3/4 tbsp	0 lb 5.62 oz	0%	0 lb 5.63 oz	Garlic clove, finely minced	
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Italian Sausage™	
	12 1/2 tsp	0 lb 0.71 oz	0%	0 lb 0.71 oz	Red pepper flakes	
	12 1/2 tsp	0 lb 0.79 oz	0%	0 lb 0.79 oz	Spices, oregano, dried	
	12.5 ea	1 lb 2.96 oz	0%	1 lb 2.96 oz	Flatbread rounds or squares, 10 inch, vegan	
	2 1/4 qt	4 lb 11.00 oz	0%	4 lb 11.00 oz	Vegan alfredo	
	1.172 gal	1 lb 12.12 oz	0%	1 lb 12.13 oz	Baby spinach	
	12 1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Thyme, fresh, chopped	
	37.5 ea	1 lb 11.78 oz	0%	1 lb 11.78 oz	Vegan provolone, smoked, slices	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 13.98 oz	0 %	14 lb 13.98 oz	0 %	14 lb 13.98 oz
Size of portion	9.52 oz		9.52 oz		9.52 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI
Total fat	6.71 g	9 %	49.19 %	120.65 kcal	6 %	Salt	0.69 g	
Saturated	1.82 g	9 %	13.37 %	504.80 kJ		Salt	0.69 %	
Monounsaturated	2.28 g		16.71 %			Sodium	274.36 mg	12 %
Polyunsaturated	0.35 g		2.58 %			Phosphorus	14.33 mg	1 %
Trans fatty acids	0.00 g		0.00 %			Potassium	197.40 mg	4 %
Cholesterol	0.00 mg	0 %				Iron	1.53 mg	8 %
Linolenic acid	0.33 g		2.38 %			Calcium	143.81 mg	11 %
Alpha-linolenic acid	2.07 mg		0.02 %			Zinc	0.14 mg	1 %
Total Carbohydrate	8.84 g	3 %	29.78 %			Magnesium	3.11 mg	1 %
Sugars total	0.18 g	0 %				Iodine	0.00 µg	0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	1.62 µg	3 %
Lactose	0.00 g					Copper	0.02 mg	2 %
Fiber	2.23 g	8 %	3.53 %					
Organic acids	0.00 g		0.00 %					
Sugar alcohol	0.00 g		0.00 %					
Starch	0.00 g		0.00 %					
Protein	6.24 g	12 %	21.01 %					
Alcohol	0.00 g		0.00 %					
							Water	5.09 g

CO2



0.11 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.