



Bobby Flay's Dessert Pizza

READY IN



20 min.

SERVINGS



1

CALORIES



2917 kcal

DESSERT

Ingredients

- 1 cup blackberries
- 1 serving canola oil for brushing
- 2 tablespoons honey
- 1.5 cups mascarpone cheese
- 1 pizza dough store-bought
- 2 plums cut in wedges and grilled
- 1 cup raspberries

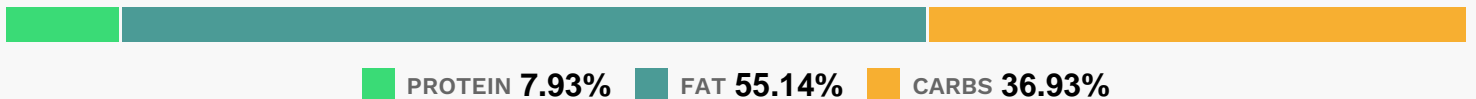
Equipment

- frying pan
- grill
- spatula
- tongs

Directions

- Watch how to make this recipe.
- Prepare the grill for direct and indirect cooking.
- Once the grill is hot (you can hold your hands an inch over the grates for no more than 2 seconds), stretch and shape the dough into a 12-inch round on a flat surface.
- Brush the top with oil and toss on the grill, oil-side down. Cook until the bottom is golden brown, 1 minute. Check the bottom of the dough to see if it is getting browned. If it is on one part, but not the other, use a spatula or tongs to rotate the dough 90 degrees and cook for another minute. If it is still not beginning to brown, cover the grill and continue to cook a minute at a time until the bottom has browned evenly. (It should only take a couple minutes if you have a hot grill.) The top of the pizza dough will also start bubbling up with air pockets.
- Once the pizza dough has browned on the bottom, flip over and grill until golden brown and the dough is just firm, another minute or so.
- Remove to a sheet pan. Cover the grill so it retains the heat for the next step.
- Combine the mascarpone cheese and honey. Smear the mascarpone over the pizza and scatter the plum wedges and berries on top.
- Put the pizza on the sheet pan back on the grill, close the cover and cook just to warm the fruit, about 2 minutes. Dust with confectioners' sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index:141.94, Glycemic Load:26.39, Inflammation Score:-10, Nutrition Score:31.71260874686%

Flavonoids

Cyanidin: 206.28mg, Cyanidin: 206.28mg, Cyanidin: 206.28mg, Cyanidin: 206.28mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.82mg, Pelargonidin: 1.82mg, Pelargonidin: 1.82mg, Pelargonidin: 1.82mg Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg, Peonidin: 0.86mg Catechin: 58.75mg, Catechin: 58.75mg, Catechin: 58.75mg, Catechin: 58.75mg Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg, Epigallocatechin: 1.01mg Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg, Epicatechin: 15.16mg Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg Epigallocatechin 3-gallate: 2.16mg, Epigallocatechin 3-gallate: 2.16mg, Epigallocatechin 3-gallate: 2.16mg, Epigallocatechin 3-gallate: 2.16mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 2917.09kcal (145.85%), Fat: 179.85g (276.69%), Saturated Fat: 98.61g (616.29%), Carbohydrates: 271.03g (90.34%), Net Carbohydrates: 247.8g (90.11%), Sugar: 84.15g (93.5%), Cholesterol: 337.5mg (112.5%), Sodium: 3016.87mg (131.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.22g (116.45%), Vitamin A: 5528.16IU (110.56%), Fiber: 23.23g (92.92%), Manganese: 1.84mg (91.82%), Vitamin C: 74.43mg (90.22%), Iron: 12.68mg (70.44%), Calcium: 554.7mg (55.47%), Vitamin K: 56.3µg (53.62%), Vitamin E: 5.52mg (36.81%), Copper: 0.44mg (21.8%), Potassium: 643.56mg (18.39%), Folate: 68.64µg (17.16%), Magnesium: 65.28mg (16.32%), Vitamin B3: 2.25mg (11.25%), Vitamin B5: 1mg (9.99%), Zinc: 1.49mg (9.94%), Phosphorus: 89.28mg (8.93%), Vitamin B6: 0.16mg (7.88%), Vitamin B2: 0.13mg (7.84%), Vitamin B1: 0.1mg (6.94%), Selenium: 1.15µg (1.65%)