



Goat Cheese-and-Grilled Pepper Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper rings green
- ☐ 1 cup bell pepper rings red
- ☐ 1 cup bell pepper rings yellow
- ☐ 2 ounces herbed goat cheese crumbled at room temperature
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 2 quick-and-easy pizza crusts (10-inch)
- ☐ 1 cup onion red separated sliced
- ☐ 0.3 teaspoon salt

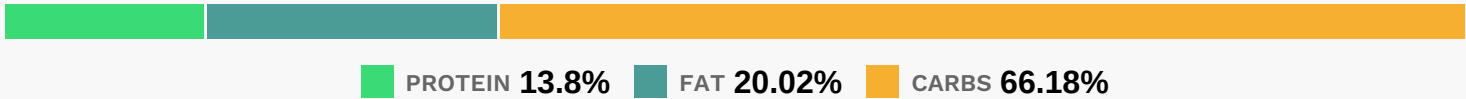
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first three ingredients in a small bowl; set aside.
- ☐ Prepare grill.
- ☐ Place bell peppers and onion on grill rack coated with cooking spray; grill 10 to 12 minutes or until tender. Set aside.
- ☐ Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up; brush with half of oil mixture. Top with half of grilled vegetables and goat cheese. Cover and grill 4 to 5 minutes or until cheese melts and crust is lightly browned. Repeat with remaining crust and toppings.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:0.95, Inflammation Score:-8, Nutrition Score:10.575217477653%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 425.73kcal (21.29%), Fat: 9.52g (14.64%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 70.76g (23.59%), Net Carbohydrates: 67.12g (24.41%), Sugar: 4.85g (5.39%), Cholesterol: 4.35mg (1.45%), Sodium: 835.01mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.52%), Vitamin C: 99.3mg (120.36%), Iron: 4.15mg (23.04%), Vitamin A: 1017.69IU (20.35%), Calcium: 146.75mg (14.67%), Fiber: 3.63g (14.54%), Vitamin B6: 0.23mg (11.27%), Manganese: 0.14mg (7.09%), Folate: 26.58µg (6.64%), Copper: 0.13mg (6.4%), Potassium: 191.03mg (5.46%), Phosphorus: 49.44mg (4.94%), Vitamin E: 0.7mg (4.66%), Vitamin B2: 0.08mg (4.56%), Vitamin K: 4.27µg (4.07%), Vitamin B1: 0.05mg (3.57%), Vitamin B3: 0.66mg (3.28%), Magnesium: 12.77mg (3.19%), Vitamin B5:

0.24mg (2.43%), Zinc: 0.27mg (1.8%)