



Gourmet Grilled Pizzas

READY IN



28 min.

SERVINGS



4

CALORIES



129 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef tenderloin
- ☐ 0.5 pound fennel bulb
- ☐ 24 inch focaccia rounds
- ☐ 2 ounces fontina thinly sliced
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 6 ounce portabello mushrooms fresh sliced
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup tomato chutney

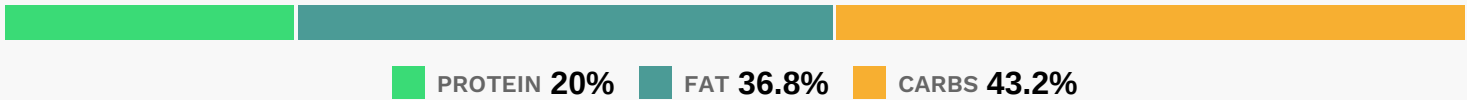
Equipment

☐ grill

Directions

- ☐ Trim tough outer stalks from fennel.
- ☐ Cut bulb in half lengthwise; remove and discard core. Set bulb aside.
- ☐ Cut tenderloin lengthwise down center, cutting to, but not through, bottom. Flip cut piece over to enlarge tenderloin, and sprinkle with salt and pepper.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place tenderloin and fennel on rack; grill, covered, 5 minutes.
- ☐ Add mushrooms. Grill 5 additional minutes or until tenderloin is desired degree of doneness and vegetables are tender, turning tenderloin and vegetables once.
- ☐ Cut tenderloin and fennel into thin slices.
- ☐ Arrange tenderloin, fennel, and mushrooms evenly over focaccia rounds. Spoon 2 tablespoons chutney over each round; top with cheese. Return to grill rack; grill 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.41, Inflammation Score:-4, Nutrition Score:8.6039130532223%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 128.56kcal (6.43%), Fat: 5.51g (8.48%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 11.73g (4.27%), Sugar: 4.27g (4.74%), Cholesterol: 16.44mg (5.48%), Sodium: 381.25mg (16.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.49%), Vitamin K: 37.65µg (35.86%), Selenium: 10.37µg

(14.81%), Phosphorus: 127.99mg (12.8%), Potassium: 444.43mg (12.7%), Vitamin B3: 2.41mg (12.04%), Vitamin C: 9.36mg (11.34%), Fiber: 2.83g (11.33%), Calcium: 109.53mg (10.95%), Manganese: 0.18mg (8.86%), Copper: 0.18mg (8.77%), Folate: 30.88µg (7.72%), Vitamin A: 361.22IU (7.22%), Vitamin B5: 0.7mg (6.95%), Vitamin B2: 0.11mg (6.24%), Vitamin B6: 0.12mg (5.83%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.26µg (4.32%), Iron: 0.64mg (3.57%), Magnesium: 13.89mg (3.47%), Vitamin E: 0.48mg (3.18%), Vitamin B1: 0.04mg (2.72%), Vitamin D: 0.21µg (1.42%)