



Grilled American Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



2181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces turkey sausage italian
- ☐ 0.5 cup tomatoes
- ☐ 0.5 cup mushrooms thinly sliced
- ☐ 0.5 cup onion vertically sliced
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 4 ounces part-skim mozzarella cheese shredded
- ☐ 20 inch quick-and-easy pizza crusts

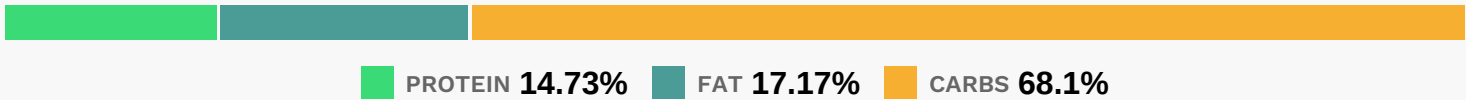
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill

Directions

- ☐ Remove casing from sausage. Cook in a medium nonstick skillet over medium-high heat until browned; stir to crumble.
- ☐ Drain; pat dry with paper towels. Set aside.
- ☐ Prepare grill.
- ☐ Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up, and spread with half of marinara sauce. Top with half of sausage, mozzarella, mushrooms, onion, and Parmesan. 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:21.83, Glycemic Load:0.77, Inflammation Score:-1, Nutrition Score:15.728260934353%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 2181.39kcal (109.07%), Fat: 41.41g (63.7%), Saturated Fat: 21.22g (132.65%), Carbohydrates: 369.51g (123.17%), Net Carbohydrates: 357.35g (129.95%), Sugar: 13.72g (15.24%), Cholesterol: 28.54mg (9.51%), Sodium: 4536.4mg (197.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.92g (159.85%), Iron: 22.69mg (126.05%), Calcium: 954.6mg (95.46%), Fiber: 12.16g (48.63%), Phosphorus: 204.31mg (20.43%), Selenium: 9.98µg (14.25%), Vitamin C: 8.33mg (10.1%), Vitamin B2: 0.17mg (10.02%), Zinc: 1.29mg (8.62%), Vitamin B6: 0.14mg (6.91%), Vitamin B3: 1.25mg (6.23%), Vitamin B12: 0.35µg (5.88%), Vitamin A: 280.6IU (5.61%), Potassium: 167.35mg (4.78%), Magnesium: 18.35mg (4.59%), Copper: 0.08mg (4.14%), Vitamin B5: 0.41mg (4.08%), Manganese: 0.06mg (2.95%), Vitamin B1: 0.04mg (2.53%), Folate: 9.61µg (2.4%), Vitamin E: 0.34mg (2.3%), Vitamin K: 1.09µg (1.04%)