



Grilled Antipasto Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup spring onion sliced
- 0.3 cup salad dressing italian
- 1.5 cups mushrooms whole
- 0.3 cup olives ripe sliced
- 14 oz uncook pizza crust italian (12 inch)
- 2 plum tomatoes thinly sliced (Roma)
- 4 oz mozzarella cheese shredded
- 1 medium bell pepper yellow cut into 8 pieces

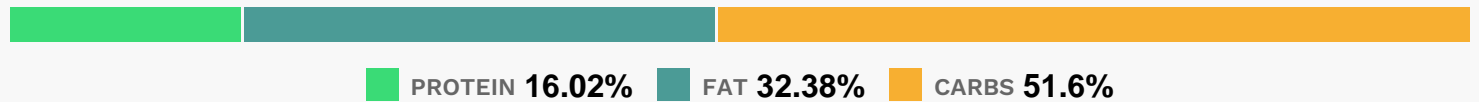
Equipment

- bowl
- grill
- wok

Directions

- Heat gas or charcoal grill. In medium bowl, toss mushrooms, bell pepper and 2 tablespoons of the dressing.
- Place vegetables in grill basket (grill wok).
- Place grill basket on grill over medium heat. Cover grill; cook 4 to 6 minutes, shaking grill basket to turn vegetables occasionally, until bell pepper is crisp-tender. Coarsely chop vegetables.
- Brush pizza crust with remaining 2 tablespoons dressing.
- Sprinkle with 1/2 cup of the cheese. Arrange tomatoes on cheese. Top with grilled vegetables, onions, olives and remaining 1/2 cup cheese.
- Place pizza directly on grill over medium heat. Cover grill; cook 8 to 10 minutes or until crust is crisp and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:6.3986956088439%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 213.33kcal (10.67%), Fat: 7.74g (11.92%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.3g (9.56%), Sugar: 2.55g (2.83%), Cholesterol: 11.2mg (3.73%), Sodium: 493.17mg (21.44%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Vitamin C: 30.41mg (36.87%), Calcium: 125.8mg (12.58%), Vitamin K: 12.19µg (11.61%), Iron: 1.7mg (9.43%), Phosphorus: 75.38mg (7.54%), Vitamin B2: 0.12mg (7.17%), Selenium: 4.33µg (6.19%), Vitamin A: 305.07IU (6.1%), Fiber: 1.47g (5.88%), Vitamin B12: 0.33µg (5.51%), Copper: 0.09mg (4.65%), Vitamin B3: 0.93mg (4.63%), Potassium: 152.85mg (4.37%), Zinc: 0.58mg (3.85%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.33mg (3.32%), Folate: 12.37µg (3.09%), Vitamin E: 0.45mg (3.01%), Manganese: 0.06mg (2.75%), Magnesium: 9.4mg (2.35%), Vitamin B1: 0.03mg (2.19%)