



Grilled Bell Pepper and Cheese Pizza

READY IN



20 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup tomato sauce
- ☐ 16 ounces uncook pizza crust italian ready-to-serve (12 inches in diameter)
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1 large bell pepper thinly sliced cut into bite-size pieces (1 cup) (any color)
- ☐ 0.5 cup onion sweet spanish thinly sliced (Bermuda, Maui, , Walla Walla)
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 cup parmesan cheese grated

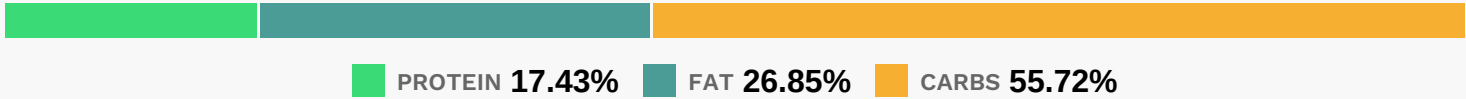
Equipment

- ☐ pizza pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Spread pizza sauce on pizza
- ☐ crust.
- ☐ Sprinkle with mozzarella cheese. Arrange bell pepper, onion and
- ☐ basil on top.
- ☐ Sprinkle with Parmesan cheese.
- ☐ Place pizza on sheet of heavy-duty aluminum foil or pizza pan.
- ☐ Cover and grill 4 to 6 inches from medium-low heat 8 to 10 minutes or
- ☐ until cheese is melted and pizza is thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.47, Inflammation Score:-8, Nutrition Score:14.494347994742%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 451.04kcal (22.55%), Fat: 13.55g (20.85%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 63.27g (21.09%), Net Carbohydrates: 59.45g (21.62%), Sugar: 6.39g (7.1%), Cholesterol: 27.83mg (9.28%), Sodium: 1110.22mg (48.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.58%), Vitamin C: 56.66mg (68.68%), Vitamin A: 1735.96IU (34.72%), Calcium: 337.2mg (33.72%), Iron: 4.8mg (26.69%), Vitamin K: 21.26µg (20.25%), Phosphorus: 171.19mg (17.12%), Fiber: 3.82g (15.28%), Vitamin B12: 0.73µg (12.18%), Manganese: 0.22mg

(11.1%), Vitamin B6: 0.22mg (10.96%), Vitamin B2: 0.18mg (10.74%), Selenium: 7.45µg (10.65%), Vitamin E: 1.51mg (10.04%), Zinc: 1.4mg (9.33%), Potassium: 306.09mg (8.75%), Folate: 33.05µg (8.26%), Magnesium: 28.58mg (7.14%), Copper: 0.1mg (4.88%), Vitamin B3: 0.97mg (4.83%), Vitamin B5: 0.36mg (3.6%), Vitamin B1: 0.05mg (3.49%)