



Grilled Dessert Pizza

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



351 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup chocolate chips
- ☐ 1 cup mandarin orange segments canned drained
- ☐ 1 pound pizza dough frozen thawed
- ☐ 1 cup raspberries
- ☐ 1 cup strawberries sliced
- ☐ 2 ounces chocolate white chopped

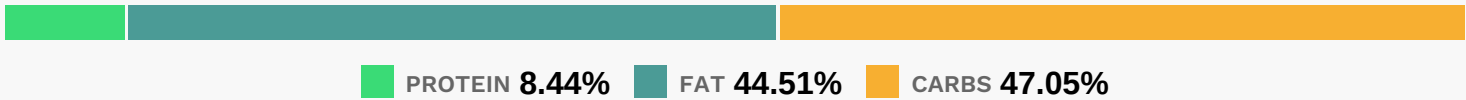
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ spatula
- ☐ offset spatula
- ☐ tongs
- ☐ cutting board
- ☐ butter knife

Directions

- ☐ Preheat grill to medium. Lightly mist a rimmed baking sheet with cooking spray and dust with flour.
- ☐ Place white chocolate in a bowl and set over a small pan of simmering water (do not let bottom of bowl touch water). Cook, stirring often, until white chocolate has melted.
- ☐ Press and stretch dough to form a 14- to 15-inch round.
- ☐ Place dough on prepared sheet, place on grill, cover and cook for about 5 minutes, until crust is puffed and golden. Using tongs, flip dough over and cook for about 3 minutes longer.
- ☐ Sprinkle dough evenly with chocolate chips, leaving a 1/2-inch border. Cover grill and cook 2 minutes, until chocolate chips have melted. Using an offset spatula or butter knife, spread chocolate evenly over dough. Using tongs or spatula, transfer pizza to a large cutting board.
- ☐ Scatter berries and orange segments over pizza.
- ☐ Sprinkle with almonds, if desired. Dip a fork into bowl with melted white chocolate and drizzle over pizza.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:4.76, Inflammation Score:-5, Nutrition Score:10.242608733799%

Flavonoids

Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg, Cyanidin: 7.26mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 4.62mg, Pelargonidin: 4.62mg, Pelargonidin: 4.62mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 351.33kcal (17.57%), Fat: 17.81g (27.39%), Saturated Fat: 7.98g (49.85%), Carbohydrates: 42.35g (14.12%), Net Carbohydrates: 38.84g (14.12%), Sugar: 23.36g (25.95%), Cholesterol: 9.43mg (3.14%), Sodium: 260.68mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Vitamin C: 21.74mg (26.35%), Manganese: 0.43mg (21.63%), Selenium: 12.79µg (18.28%), Calcium: 157.63mg (15.76%), Phosphorus: 145.95mg (14.59%), Fiber: 3.51g (14.06%), Vitamin B2: 0.23mg (13.44%), Vitamin E: 1.85mg (12.36%), Vitamin B1: 0.16mg (10.35%), Copper: 0.2mg (10.24%), Iron: 1.66mg (9.22%), Folate: 35.1µg (8.77%), Vitamin B3: 1.69mg (8.44%), Potassium: 289.49mg (8.27%), Magnesium: 32.81mg (8.2%), Vitamin B12: 0.48µg (8.03%), Vitamin A: 369.18IU (7.38%), Zinc: 1.03mg (6.84%), Vitamin K: 5.95µg (5.67%), Vitamin B6: 0.09mg (4.6%), Vitamin B5: 0.31mg (3.1%)