



Grilled Flatbread with Chorizo & Peppers

READY IN



30 min.

SERVINGS



8

CALORIES



371 kcal

Ingredients

- 8 oz triple cheddar cheese shredded with a touch of philadelphia kraft
- 4 oz dry-cured chorizo spanish chopped
- 2 Tbsp olive oil
- 0.5 cup pepper strips mixed red yellow
- 1 lb pizza dough refrigerated at room temperature
- 0.8 cup salsa fresh

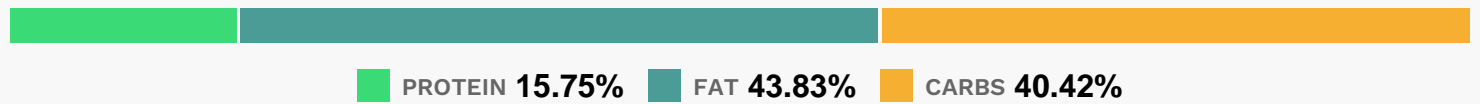
Equipment

- baking paper
- grill

Directions

- Heat grill to medium heat.
- Brush 1 Tbsp. oil onto large sheet of parchment paper. Divide dough in half; place 1 piece on prepared parchment.
- Roll out to 14x8-inch rectangle or 12-inch round. Repeat with remaining oil, dough and second sheet of parchment.
- Transfer dough, parchment sides up, to grill; remove parchment.
- Grill 2 to 4 min. or until bottoms of crusts are lightly charred.
- Place, grilled sides up, on work surface.
- Top with salsa, chorizo, peppers and cheese. Grill 4 to 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:2.02, Inflammation Score:-5, Nutrition Score:13.251304364723%

Nutrients (% of daily need)

Calories: 370.77kcal (18.54%), Fat: 18.71g (28.79%), Saturated Fat: 7.84g (49%), Carbohydrates: 38.84g (12.95%), Net Carbohydrates: 33.81g (12.29%), Sugar: 4.63g (5.15%), Cholesterol: 37.21mg (12.4%), Sodium: 758.41mg (32.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.27%), Manganese: 1.92mg (95.81%), Calcium: 272.8mg (27.28%), Vitamin K: 28.02µg (26.68%), Fiber: 5.03g (20.12%), Iron: 3.41mg (18.93%), Phosphorus: 161mg (16.1%), Selenium: 8.97µg (12.81%), Copper: 0.22mg (11.09%), Vitamin A: 532.57IU (10.65%), Vitamin B2: 0.16mg (9.38%), Magnesium: 36.6mg (9.15%), Zinc: 1.27mg (8.43%), Potassium: 281.27mg (8.04%), Vitamin E: 1.17mg (7.79%), Vitamin B6: 0.11mg (5.27%), Vitamin B12: 0.3µg (5.01%), Vitamin B5: 0.37mg (3.73%), Folate: 9.44µg (2.36%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.18%), Vitamin D: 0.17µg (1.13%)