

Grilled Fruit Pizza

READY IN



23 min.

SERVINGS



8

CALORIES



427 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon almond extract
- ☐ 12 ounce poached berries mixed frozen thawed (recommended: Dole)
- ☐ 1 stick butter softened
- ☐ 8 ounces cream cheese softened (recommended: Philadelphia)
- ☐ 1 tablespoon honey
- ☐ 12 ounce peaches frozen thawed (recommended: Dole)
- ☐ 13.8 ounce pizza crust dough refrigerated canned (recommended: Pillsbury)
- ☐ 0.8 cup powdered sugar
- ☐ 12 ounce strawberries frozen thawed sliced (recommended: Dole)

☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ hand mixer
- ☐ grill
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- ☐ In a mixing bowl, combine softened butter, cream cheese, sugar, and almond extract. Beat with hand mixer on low speed until smooth and creamy. Set aside.
- ☐ Combine honey and water in a small bowl. Stir until honey is dissolved. Set aside.
- ☐ Unroll pizza dough onto hot oiled grill. Cook for 4 minutes on each side. (TIP: use a cookie sheet as a big spatula when flipping the crust and removing from grill.)
- ☐ Brush with honey mixture and cook for 2 minutes more.
- ☐ Remove crust from grill.
- ☐ Spread with cream cheese mixture and arrange fruit on top.
- ☐ INDOOR: Preheat oven to 425 degrees F. Lightly spray baking sheet with cooking spray; set aside. Carefully unroll dough and place on prepared baking sheet. Press out dough with fingers to form 13 by 9-inch rectangle.
- ☐ Brush dough with honey mixture and bake in preheated oven for 8 to 10 minutes or until crust turns golden brown.
- ☐ Remove crust from oven and top as directed.

Nutrition Facts



 **PROTEIN 5.9%**  **FAT 47.59%**  **CARBS 46.51%**

Properties

Glycemic Index:26.19, Glycemic Load:3.99, Inflammation Score:-6, Nutrition Score:7.0895652460015%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 7.77mg, Petunidin: 7.77mg, Petunidin: 7.77mg, Petunidin: 7.77mg Delphinidin: 9.31mg, Delphinidin: 9.31mg, Delphinidin: 9.31mg, Delphinidin: 9.31mg Malvidin: 21.12mg, Malvidin: 21.12mg, Malvidin: 21.12mg, Malvidin: 21.12mg Pelargonidin: 10.58mg, Pelargonidin: 10.58mg, Pelargonidin: 10.58mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg, Catechin: 3.41mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 427.14kcal (21.36%), Fat: 23.24g (35.75%), Saturated Fat: 13.4g (83.75%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 47.73g (17.36%), Sugar: 26.57g (29.52%), Cholesterol: 59mg (19.67%), Sodium: 540.26mg (23.49%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.49g (12.98%), Vitamin C: 27.82mg (33.73%), Vitamin A: 897.01IU (17.94%), Fiber: 3.38g (13.5%), Manganese: 0.26mg (12.97%), Vitamin K: 10.77µg (10.26%), Iron: 1.77mg (9.82%), Vitamin E: 1.21mg (8.06%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 58.1mg (5.81%), Selenium: 3.77µg (5.39%), Potassium: 183.05mg (5.23%), Folate: 18.76µg (4.69%), Calcium: 43.18mg (4.32%), Vitamin B3: 0.76mg (3.83%), Copper: 0.08mg (3.76%), Vitamin B6: 0.07mg (3.64%), Magnesium: 14.02mg (3.51%), Vitamin B5: 0.35mg (3.5%), Vitamin B1: 0.04mg (2.75%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.09µg (1.44%)