



Grilled Kielbasa, Caramelized Onion and Basil Pizzas

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil fresh
- ☐ 0.8 cup tomato sauce
- ☐ 0.8 cup onion red thinly sliced
- ☐ 13.8 oz pizza dough refrigerated canned
- ☐ 4 oz sausage cooked thinly sliced (from 16-oz package)
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 tablespoon vegetable oil

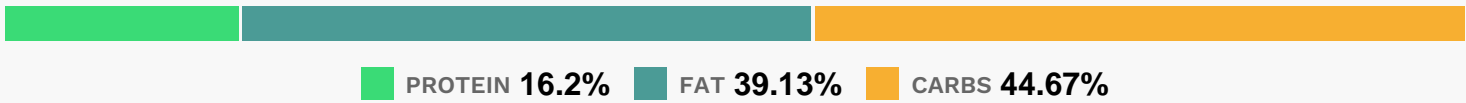
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ spatula

Directions

- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add onion; cook 10 minutes, stirring occasionally. Reduce heat to medium-low; cook 5 to 10 minutes longer, stirring frequently, until onions are very tender and golden.
- ☐ Remove from heat; set aside.
- ☐ Heat gas or charcoal grill for indirect cooking as directed by manufacturer. Spray 1 large cookie sheet with cooking spray. Unroll can of dough; cut rectangle of dough into 4 equal rectangles. Spray both sides of each rectangle with cooking spray; place on cookie sheet.
- ☐ Place 2 or 3 dough rectangles at a time directly on grill rack on unheated side of two-burner gas grill or over drip pan on charcoal grill. (If using one-burner gas grill, cook over low heat.) Cover grill; cook 5 to 7 minutes or until edges of dough look dry (check occasionally to make sure bottoms of crusts are cooking evenly; rotate crusts if necessary). Cook about 2 minutes longer or until bottoms of crusts are golden and have grill marks. Using large pancake turner, remove crusts from grill to cookie sheet. Repeat with remaining dough rectangles.
- ☐ Turn cooked crusts over so cooked sides are up; spread evenly with pizza sauce. Top each with sausage, onions and cheese.
- ☐ Return pizzas to grill rack over indirect heat. Cover grill; cook about 5 minutes or until bottoms are golden brown and cheese is melted.
- ☐ Sprinkle basil over pizzas.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:1.6, Inflammation Score:-5, Nutrition Score:9.2995651493902%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 465.6kcal (23.28%), Fat: 20.48g (31.5%), Saturated Fat: 7.53g (47.04%), Carbohydrates: 52.6g (17.53%), Net Carbohydrates: 49.88g (18.14%), Sugar: 9.27g (10.3%), Cholesterol: 42.81mg (14.27%), Sodium: 1284.25mg (55.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Iron: 3.68mg (20.44%), Vitamin K: 20.87µg (19.88%), Calcium: 164.36mg (16.44%), Phosphorus: 161.41mg (16.14%), Vitamin B12: 0.89µg (14.79%), Vitamin A: 570.66IU (11.41%), Fiber: 2.71g (10.86%), Zinc: 1.62mg (10.8%), Vitamin B3: 1.88mg (9.4%), Vitamin B6: 0.18mg (9.15%), Vitamin B2: 0.16mg (9.12%), Potassium: 280.94mg (8.03%), Selenium: 5.25µg (7.51%), Vitamin B1: 0.11mg (7.49%), Vitamin C: 6.17mg (7.48%), Vitamin E: 1.08mg (7.18%), Manganese: 0.13mg (6.61%), Magnesium: 21.45mg (5.36%), Copper: 0.1mg (4.9%), Vitamin B5: 0.42mg (4.15%), Folate: 14.14µg (3.54%), Vitamin D: 0.48µg (3.21%)