



Grilled Pesto Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounces uncook pizza crust italian ready-to-serve (6 inches in diameter)
- ☐ 1 cup basil pesto
- ☐ 12 ounces marinated artichoke drained chopped
- ☐ 2 cups plum tomatoes sliced (Roma)
- ☐ 8 ounces monterrey jack cheese shredded

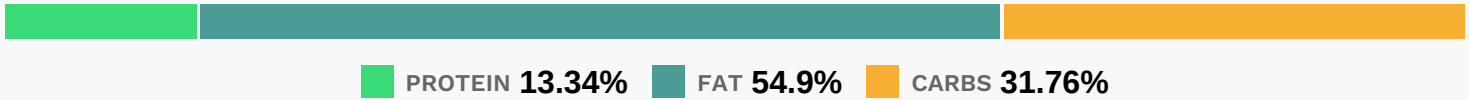
Equipment

- ☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat. Grill pizza crusts, top sides down, 4 to 6 inches from medium heat 3 to 5 minutes or until light brown.
- ☐ Remove from grill.
- ☐ Spread pesto over grilled side of crusts. Top with artichokes and tomatoes.
- ☐ Sprinkle with cheese.
- ☐ Cover and grill about 5 minutes or until cheese is melted.
- ☐ Cut each pizza in half.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.66, Inflammation Score:-8, Nutrition Score:8.060434875281%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 437.77kcal (21.89%), Fat: 26.58g (40.89%), Saturated Fat: 9.13g (57.05%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 31.68g (11.52%), Sugar: 3.97g (4.41%), Cholesterol: 27.71mg (9.24%), Sodium: 925.17mg (40.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.07%), Vitamin A: 1760.91IU (35.22%), Calcium: 327.36mg (32.74%), Vitamin C: 17.03mg (20.65%), Phosphorus: 140.07mg (14.01%), Iron: 2.39mg (13.29%), Fiber: 2.91g (11.65%), Vitamin B2: 0.12mg (7.16%), Zinc: 0.95mg (6.34%), Selenium: 4.11µg (5.87%), Vitamin K: 5.38µg (5.13%), Potassium: 163.14mg (4.66%), Vitamin B12: 0.24µg (3.92%), Magnesium: 14.16mg (3.54%), Manganese: 0.07mg (3.53%), Vitamin B6: 0.07mg (3.49%), Folate: 13.98µg (3.49%), Vitamin E: 0.39mg (2.62%), Copper: 0.04mg (2.2%), Vitamin B3: 0.38mg (1.89%), Vitamin B1: 0.03mg (1.74%), Vitamin D: 0.17µg (1.13%), Vitamin B5: 0.11mg (1.12%)