



Grilled Pizza

READY IN



30 min.

SERVINGS



6

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings canola oil for frying
- 6 servings cayenne pepper
- 0.5 teaspoon fennel seed
- 1 tablespoon parsley leaves fresh plus more for garnish chopped
- 6 servings garlic powder
- 1 pound ground pork
- 6 servings kosher salt and freshly cracked pepper black
- 2 cups mozzarella cheese grated
- 3 tablespoons olive oil extra-virgin

- 6 servings onion powder
- 6 servings paprika
- 1 pizza dough store-bought
- 1 jar favorite pizza sauce
- 6 servings pepper flakes red

Equipment

- frying pan
- grill

Directions

- Watch how to make this recipe.
- Special equipment: 3-inch biscuit cutter
- Preheat the grill over medium heat.
- Coat a large saute pan over medium heat with canola oil.
- Add the fennel seeds, red pepper flakes, to taste, and the pork, and brown for about 3 minutes.
- Add garlic powder, onion powder, paprika, cayenne pepper, and salt and pepper, to taste. Cook for a few more minutes, then stir in the parsley.
- Stretch out the dough to make it wider. On a floured surface, roll the dough into a thin disk. Using a biscuit cutter, cut out circles and brush 1 side with olive oil. Season with salt and pepper, to taste.
- Put the dough circles on the grill, oil side down.
- Brush more oil on other side and season again with salt and pepper. Grill for 1 to 2 minutes on each side. When cooked remove them from the grill.
- Top each mini pizza with desired amount of the pizza sauce, pork mixture and cheese. Return the pizzas to the grill and close the lid. Cook until the cheese melts and the pork mixture is warmed through, about 1 to 2 minutes.
- Transfer to a serving platter, garnish with fresh chopped parsley and serve.

Nutrition Facts



■ PROTEIN 18.33% ■ FAT 53.57% ■ CARBS 28.1%

Properties

Glycemic Index:26, Glycemic Load:2.51, Inflammation Score:-9, Nutrition Score:22.954782651818%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 616.76kcal (30.84%), Fat: 37.47g (57.65%), Saturated Fat: 12.75g (79.68%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 39.1g (14.22%), Sugar: 9.16g (10.18%), Cholesterol: 83.92mg (27.97%), Sodium: 1516.51mg (65.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.71%), Vitamin A: 3215.06IU (64.3%), Vitamin B1: 0.63mg (41.92%), Selenium: 27.2µg (38.85%), Vitamin E: 5.17mg (34.47%), Phosphorus: 330.04mg (33%), Vitamin B6: 0.61mg (30.32%), Iron: 4.92mg (27.35%), Vitamin B3: 5.09mg (25.47%), Vitamin K: 26.55µg (25.29%), Vitamin B2: 0.43mg (25%), Calcium: 238.44mg (23.84%), Vitamin B12: 1.38µg (23.01%), Zinc: 3.37mg (22.46%), Potassium: 759.09mg (21.69%), Fiber: 5.13g (20.5%), Manganese: 0.3mg (15.03%), Vitamin C: 11.21mg (13.59%), Magnesium: 52.83mg (13.21%), Copper: 0.23mg (11.75%), Vitamin B5: 1.01mg (10.08%), Folate: 23.32µg (5.83%)