

Grilled Pizza Blanca

READY IN



45 min.

SERVINGS



6

CALORIES



2160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound crab meat
- ☐ 6 ounce marinated artichoke hearts drained chopped
- ☐ 1 teaspoon olive oil divided
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 20 inch quick-and-easy pizza crusts

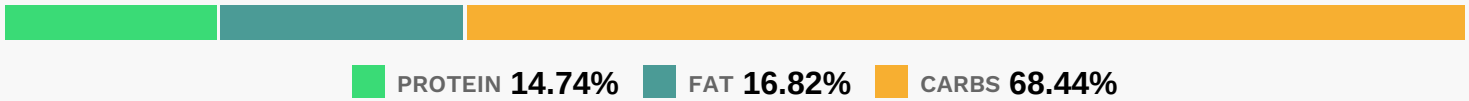
Equipment

- ☐ grill

Directions

- ☐
- Prepare grill.
- ☐
- Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up; brush with 1/2 teaspoon oil. Top with half of Parmesan, artichokes, and crabmeat. Cover and grill 3 to 4 minutes or until cheese melts and crust is lightly browned. Repeat with remaining crust and toppings.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:17.569565316905%

Nutrients (% of daily need)

Calories: 2160.36kcal (108.02%), Fat: 40.09g (61.67%), Saturated Fat: 19.06g (119.13%), Carbohydrates: 366.94g (122.31%), Net Carbohydrates: 355g (129.09%), Sugar: 11.73g (13.04%), Cholesterol: 22.3mg (7.43%), Sodium: 4570.06mg (198.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.05g (158.11%), Iron: 21mg (116.66%), Calcium: 819.73mg (81.97%), Vitamin B12: 3.52µg (58.59%), Fiber: 11.94g (47.77%), Selenium: 15.89µg (22.69%), Copper: 0.35mg (17.58%), Zinc: 2.51mg (16.73%), Phosphorus: 148.36mg (14.84%), Vitamin C: 8.6mg (10.42%), Vitamin A: 366.37IU (7.33%), Magnesium: 22.68mg (5.67%), Folate: 17.29µg (4.32%), Vitamin B6: 0.07mg (3.26%), Vitamin B2: 0.05mg (2.8%), Potassium: 85.81mg (2.45%), Vitamin B3: 0.44mg (2.21%), Vitamin B5: 0.18mg (1.75%), Vitamin B1: 0.02mg (1.33%)