



Grilled Pizza with Hot Sausage, Grilled Peppers and Onions and Oregano Ricotta

READY IN



75 min.

SERVINGS



4

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound fontina grated
- ☐ 0.5 cup basil leaves fresh
- ☐ 1 tablespoon honey
- ☐ 0.5 pound sausage italian hot
- ☐ 0.5 cup olive oil
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings olive oil
- ☐ 2 tablespoons oregano fresh chopped

- ☐ 1 recipe favorite pizza dough (6-inch)
- ☐ 2 large bell pepper red cored seeded quartered
- ☐ 1 large onion red cut into 1/ slices
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 cup sheep's milk ricotta
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 large bell pepper yellow cored seeded quartered

Equipment

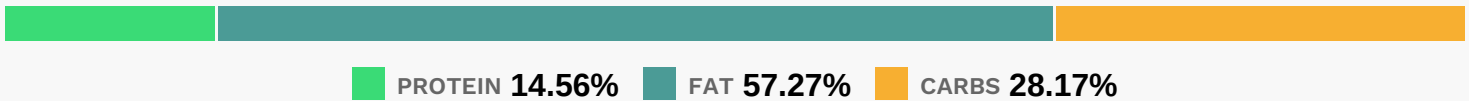
- ☐ bowl
- ☐ oven
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a grill.
- ☐ Grill the sausage on both sides until golden brown and cooked through, about 10 minutes per side.
- ☐ Brush onions and peppers with the oil and season with salt and pepper. Grill the onions and peppers until soft, about 3 to 4 minutes per side.
- ☐ Remove the sausage from the grill and slice into 1/4-inch thick slices.
- ☐ Remove the onions, separate into rings, and roughly chop.
- ☐ Remove the peppers and slice into 1/8-inch thick slices.
- ☐ Heat grill to high.
- ☐ Brush dough with olive oil, season with salt and pepper and grill for 2 to 3 minutes or until golden brown. Turn over and grill for 1 to 2 minutes.
- ☐ Remove from the grill and place on a flat surface.
- ☐ Divide the fontina cheese among the 4 pizza rounds. Divide the sausage, onions and peppers over the cheese.

- ☐ Place the pizza on the grill, close the cover and grill until the cheese has melted, about 3 to 4 minutes. To finish in the oven, preheat the oven to 450 degrees F.
- ☐ Place the pizza on sheet pans and bake until the cheese has melted, about 5 to 10 minutes.
- ☐ Mix together the ricotta, extra-virgin olive oil, and oregano in a small bowl and season with salt and pepper, to taste.
- ☐ Remove the pizzas from the oven and drizzle with Basil Vinaigrette. Top with dollops of the ricotta cheese mixture and let rest for 5 minutes. Slice and serve.
- ☐ Combine all ingredients and blend until smooth. Adjust seasoning with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:68.32, Glycemic Load:4.26, Inflammation Score:-10, Nutrition Score:29.100869614145%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 1023.57kcal (51.18%), Fat: 65.43g (100.65%), Saturated Fat: 21.8g (136.26%), Carbohydrates: 72.42g (24.14%), Net Carbohydrates: 66.78g (24.28%), Sugar: 17.94g (19.93%), Cholesterol: 118.7mg (39.57%), Sodium: 1842.1mg (80.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.87%), Vitamin C: 279.48mg (338.77%), Vitamin A: 3472.95IU (69.46%), Calcium: 490.02mg (49%), Vitamin K: 49.65µg (47.29%), Vitamin E: 5.74mg (38.25%), Vitamin B6: 0.68mg (33.87%), Phosphorus: 335.25mg (33.52%), Selenium: 22.95µg (32.79%), Iron: 5.54mg (30.78%), Vitamin B1: 0.42mg (28.17%), Vitamin B12: 1.47µg (24.48%), Zinc: 3.52mg (23.46%), Manganese: 0.46mg (23.02%), Fiber: 5.64g (22.56%), Folate: 83.15µg (20.79%), Vitamin B2: 0.33mg (19.35%), Vitamin B3: 3.74mg (18.7%), Potassium: 640.6mg (18.3%), Magnesium: 49.17mg (12.29%), Copper: 0.22mg (10.8%), Vitamin B5: 1.02mg (10.17%), Vitamin D: 0.34µg (2.27%)