



Grilled Pizza With Steak, Pear, and Arugula

READY IN



10 min.

SERVINGS



4

CALORIES



2014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arugula fresh divided
- ☐ 1 purée of usa bartlett pear red peeled sliced
- ☐ 0.5 pound flank steak
- ☐ 0.3 cup gorgonzola cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 4 servings freshly cracked pepper
- ☐ 12 inch prebaked pizza crust
- ☐ 4 servings salt and pepper
- ☐ 1.5 teaspoons balsamic vinegar white

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ grill

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 (medium heat).
- ☐ Season flank steak with salt and pepper.
- ☐ Grill steak, covered with grill lid, at 350 (medium heat) 8 to 10 minutes on each side or to desired degree of doneness. Cover and let stand 10 minutes.
- ☐ Meanwhile, whisk together oil and vinegar in a small bowl.
- ☐ Cut steak diagonally across grain into thin strips.
- ☐ Cut strips into bite-size pieces (about 1 cup).
- ☐ Place pizza crust directly on hot cooking grate.
- ☐ Brush top of crust with oil mixture; layer with pear slices, 1 cup arugula, cheese, and beef strips.
- ☐ Grill, covered with grill lid, 4 minutes. Rotate pizza one-quarter turn; grill, covered with grill lid, 5 to 6 more minutes or until thoroughly heated.
- ☐ Remove pizza from grill, and sprinkle with remaining 1/2 cup arugula and freshly cracked pepper.
- ☐ Note: For testing purposes only, we used 1/2 (16-oz.) package Mama Mary's Thin & Crispy Pizza Crusts.
- ☐ Oven-
- ☐ Baked Pizza With Steak, Pear, and Arugula: Assemble pizza as directed, and bake according to package directions for pizza crust.

Nutrition Facts



 PROTEIN 15.13%  FAT 17.66%  CARBS 67.21%

Properties

Glycemic Index:45.5, Glycemic Load:2.44, Inflammation Score:-1, Nutrition Score:16.815217401022%

Flavonoids

Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 2014.4kcal (100.72%), Fat: 39.27g (60.41%), Saturated Fat: 18.38g (114.86%), Carbohydrates: 336.2g (112.07%), Net Carbohydrates: 324.43g (117.98%), Sugar: 15.02g (16.69%), Cholesterol: 39.32mg (13.11%), Sodium: 3903.48mg (169.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.68g (151.36%), Iron: 19.58mg (108.75%), Calcium: 682.61mg (68.26%), Fiber: 11.76g (47.05%), Selenium: 17.82µg (25.46%), Vitamin B6: 0.37mg (18.6%), Vitamin B3: 3.7mg (18.5%), Zinc: 2.43mg (16.22%), Phosphorus: 151.17mg (15.12%), Vitamin K: 12.99µg (12.37%), Vitamin B12: 0.6µg (10.04%), Potassium: 287.55mg (8.22%), Vitamin B2: 0.11mg (6.49%), Vitamin B5: 0.53mg (5.32%), Magnesium: 20.69mg (5.17%), Vitamin E: 0.77mg (5.15%), Folate: 19.88µg (4.97%), Vitamin A: 244.87IU (4.9%), Copper: 0.09mg (4.33%), Vitamin C: 3.08mg (3.74%), Vitamin B1: 0.05mg (3.44%), Manganese: 0.06mg (3.16%)