



Grilled Pizzas

READY IN



45 min.

SERVINGS



24

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 ounce roll dough frozen thawed
- ☐ 1 tablespoon olive oil
- ☐ 24 servings roasted garlic sauce
- ☐ 24 servings sausage shredded crumbled cooked
- ☐ 24 servings zesty tomato sauce
- ☐ 24 servings or
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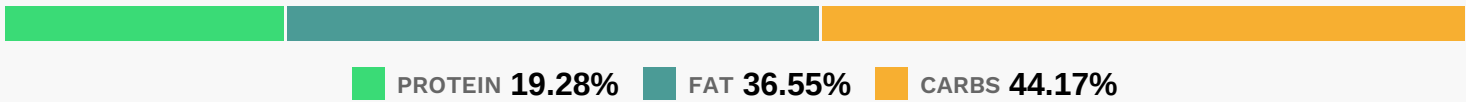
Equipment

☐ grill

Directions

- ☐ Roll each piece of dough into a 1/4-inch-thick round on a lightly floured surface.
- ☐ Brush 1 side of each round with olive oil, and place, oiled side down, on a grill rack.
- ☐ Grill, without grill lid, over medium-high heat (350 to 40
- ☐ to 3 minutes or until light grill marks appear on bottoms.
- ☐ Brush tops with oil; turn.
- ☐ Spread with desired sauce, and add desired toppings. Cook until cheese melts.
- ☐ *1 (25-ounce) package frozen bread dough, thawed, may be substituted to make larger pizzas.
- ☐ Cut each loaf in half.
- ☐ Roll each portion into a 1/4-inch-thick round, and grill as directed.
- ☐ Taco Pizza: Cook 1 pound ground beef and 1 (1 1/4-ounce) package taco seasoning mix according to package directions; drain, if necessary. After grilling pizza, top with lettuce, tomato, salsa, and sour cream.
- ☐ Grilled Vegetable Pizza: Toss your favorite chopped vegetables with salt, pepper, and olive oil; grill until tender. Top with cheeses such as mozzarella, fontina, or Cheddar.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:2.54, Inflammation Score:-5, Nutrition Score:8.1378260695416%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 198.26kcal (9.91%), Fat: 8.09g (12.44%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 19.52g (7.1%), Sugar: 4.68g (5.2%), Cholesterol: 22.12mg (7.37%), Sodium: 895.62mg (38.94%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.2%), Calcium: 163.99mg (16.4%), Vitamin A: 719.97IU (14.4%), Phosphorus: 136.79mg (13.68%), Vitamin E: 1.9mg (12.69%), Vitamin C: 9.51mg (11.53%), Potassium: 397.14mg (11.35%), Vitamin B12: 0.64µg (10.64%), Fiber: 2.48g (9.91%), Vitamin B2: 0.16mg (9.54%), Manganese: 0.19mg (9.48%), Selenium: 5.92µg (8.46%), Vitamin B6: 0.17mg (8.38%), Copper: 0.15mg (7.65%), Iron: 1.35mg (7.52%), Zinc: 1.12mg (7.48%), Vitamin B3: 1.26mg (6.32%), Magnesium: 24.73mg (6.18%), Vitamin B5: 0.44mg (4.36%), Vitamin K: 4.48µg (4.26%), Folate: 13.07µg (3.27%), Vitamin B1: 0.04mg (2.92%)