



Grilled Provolone and Vegetable Pizza

READY IN



24 min.

SERVINGS



8

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bread dough frozen thawed
- ☐ 8 ounce tomato sauce with roasted garlic canned
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1 cup mushrooms sliced
- ☐ 0.3 cup onion thinly sliced
- ☐ 4 ounces provolone cheese shredded

Equipment

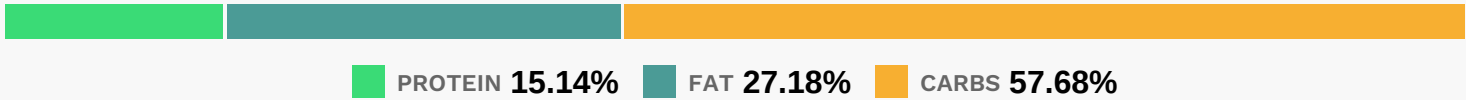
- ☐ sauce pan

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Divide dough into 2 equal portions; roll out each portion into an 11-inch circle (about 1/4 inch thick) on work surface coated with cooking spray.
- ☐ Let dough rest while preparing sauce and toppings.
- ☐ Cook tomato sauce, uncovered, in a saucepan over medium-high heat 2 to 3 minutes or until slightly thick.
- ☐ Coat grill racks with cooking spray; grill 1 portion of dough over medium-low heat 2 to 3 minutes or until browned. Turn dough.
- ☐ Spread half of tomato sauce over cooked side of dough. Top with half each of cheese, mushrooms, onion, and olives. Close grill lid; grill 4 minutes or until cheese melts and bottom of crust is browned.
- ☐ Remove from heat; repeat procedure with remaining ingredients.
- ☐ Cut each pizza into 4 slices.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:3.9608696077181%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 212.42kcal (10.62%), Fat: 6.21g (9.55%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.75g (10.09%), Sugar: 1.63g (1.81%), Cholesterol: 9.78mg (3.26%), Sodium: 570.77mg (24.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.57%), Calcium: 115.22mg (11.52%), Phosphorus: 90.38mg (9.04%), Fiber: 1.9g (7.61%), Vitamin B2: 0.11mg (6.72%), Vitamin A: 264.2IU (5.28%), Selenium: 3.41µg (4.88%), Potassium: 153.42mg (4.38%), Copper: 0.08mg (4.11%), Vitamin E: 0.6mg (4.03%), Zinc: 0.6mg (3.97%),

Vitamin B3: 0.75mg (3.77%), Vitamin B12: 0.21µg (3.53%), Vitamin B5: 0.34mg (3.44%), Vitamin C: 2.73mg (3.31%),
Vitamin B6: 0.06mg (3%), Magnesium: 10.43mg (2.61%), Iron: 0.44mg (2.45%), Manganese: 0.05mg (2.3%), Folate:
7.4µg (1.85%), Vitamin B1: 0.02mg (1.54%), Vitamin K: 1.19µg (1.13%)