



Grilled Sausage and Pepper Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup torn basil leaves fresh
- ☐ 3 links turkey sausage italian hot
- ☐ 2 cups mozzarella cheese shredded reduced-fat
- ☐ 13.8 ounce artisan pizza crust whole refrigerated with grain pillsbury® canned
- ☐ 0.8 cup pizza sauce
- ☐ 1 large bell pepper red thinly sliced cut into bite-size pieces

Equipment

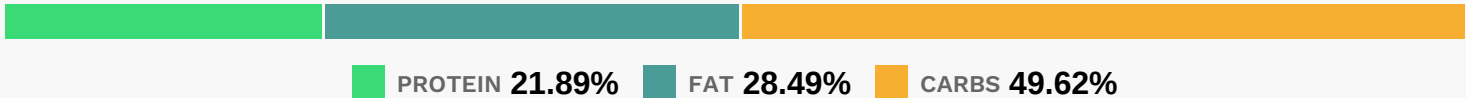
- ☐ baking sheet

- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Place sausages on grill over medium heat. Cover grill; cook 18 to 20 minutes, turning occasionally, until no longer pink in center. Cool 5 minutes; cut at an angle into 1/4-inch slices.
- ☐ Meanwhile, cut 18x12-inch sheet of heavy-duty foil; place on large cookie sheet. Spray foil with cooking spray. Unroll dough onto foil. Starting at center, press out dough into 14x10-inch rectangle. Spray dough with cooking spray.
- ☐ Turn dough rectangle over directly onto grill rack; peel off foil, and return foil to cookie sheet, sprayed side up. Cook uncovered on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium-low coals 2 to 4 minutes or until bottom is golden brown. (Watch carefully to prevent burning.) With wide metal pancake turner, turn crust over. Cook 1 to 2 minutes longer or until bottom is set but not brown. Carefully remove from grill; place browned side up on foil. Close grill.
- ☐ Top crust evenly with pizza sauce, basil, 1 3/4 cups of the cheese, turkey sausages and bell pepper. Top with remaining 1/4 cup cheese. Slide pizza from foil onto grill. Cover grill; cook 3 to 5 minutes longer or until crust is golden brown and cheese is melted. To serve, cut into 6 rows Have all toppings ready to go--the crust cooks quickly. If the crust is cooking too fast, move the pizza to a cooler part of the grill, or reduce the heat.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:10.76826090398%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 289.66kcal (14.48%), Fat: 9.2g (14.15%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 33.97g (12.35%), Sugar: 3.68g (4.08%), Cholesterol: 24.37mg (8.12%), Sodium: 729.99mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.9g (31.81%), Vitamin C: 38mg (46.06%), Calcium: 367.21mg (36.72%), Vitamin A: 1381.31IU (27.63%), Phosphorus: 192.94mg (19.29%), Vitamin K: 19.4µg (18.48%), Iron: 2.44mg (13.57%), Vitamin B2: 0.16mg (9.48%), Fiber: 2.09g (8.35%), Selenium: 5.76µg (8.23%), Zinc: 1.22mg (8.12%), Vitamin B6: 0.14mg (7.2%), Vitamin E: 0.96mg (6.38%), Manganese: 0.11mg (5.67%), Potassium: 193.05mg (5.52%), Folate: 21.48µg (5.37%), Vitamin B12: 0.31µg (5.18%), Magnesium: 19.22mg (4.81%), Vitamin B3: 0.67mg (3.33%), Copper: 0.07mg (3.26%), Vitamin B5: 0.22mg (2.23%), Vitamin B1: 0.03mg (2.04%)