



## Grilled Spinach and Mushroom Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups torn baby spinach leaves fresh
- 1 cup mushrooms fresh sliced
- 8 ounce pizza sauce canned
- 11 ounce pizza crust refrigerated thin pillsbury® canned
- 1 cup mozzarella cheese shredded

### Equipment

- baking sheet
- grill

aluminum foil

spatula

## Directions

Heat gas or charcoal grill.

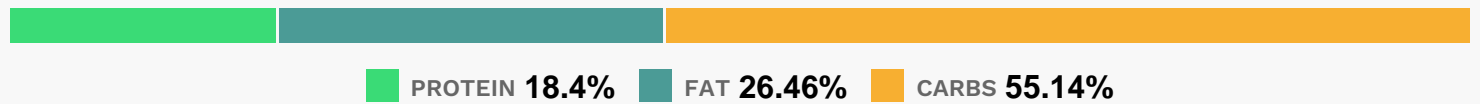
Cut 18x12-inch sheet of heavy-duty foil; place on large cookie sheet. Spray foil with cooking spray. Unroll dough onto sprayed foil. Starting at center, press out dough into 14x10-inch rectangle. Spray dough with cooking spray.

Invert dough rectangle 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, spinach and mushrooms.

Sprinkle with cheese. Slide pizza from foil onto grill. Cover grill; cook 3 to 6 minutes longer or until crust is golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:13.016086884167%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 298.12kcal (14.91%), Fat: 8.98g (13.82%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 42.14g (14.05%), Net Carbohydrates: 39.55g (14.38%), Sugar: 7.68g (8.53%), Cholesterol: 22.12mg (7.37%), Sodium: 1021.02mg (44.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.12%), Vitamin K: 74.68µg (71.13%), Vitamin A: 1841.34IU (36.83%), Iron: 3.3mg (18.33%), Calcium: 164.91mg (16.49%), Phosphorus: 142.42mg (14.24%), Vitamin B2: 0.24mg (14.17%), Vitamin B12: 0.65µg (10.8%), Manganese: 0.21mg (10.74%), Selenium: 7.48µg (10.69%), Vitamin

C: 8.69mg (10.53%), Fiber: 2.59g (10.36%), Folate: 40.24µg (10.06%), Potassium: 349.7mg (9.99%), Copper: 0.16mg (8.21%), Vitamin E: 1.18mg (7.84%), Vitamin B3: 1.57mg (7.83%), Zinc: 1.15mg (7.64%), Magnesium: 28.11mg (7.03%), Vitamin B6: 0.12mg (6.01%), Vitamin B5: 0.58mg (5.84%), Vitamin B1: 0.05mg (3.54%), Vitamin D: 0.16µg (1.07%)