



Grilled Two-Cheese Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.5 oz goat cheese fresh (goat)
- 20 oz uncook pizza crust italian (two crusts each) (8 inch)
- 4 plum tomatoes sliced (Roma)
- 16 kalamata olives pitted cut in half,
- 6 oz mozzarella cheese shredded
- 1 tablespoon basil fresh shredded chopped

Equipment

- grill

aluminum foil

Directions

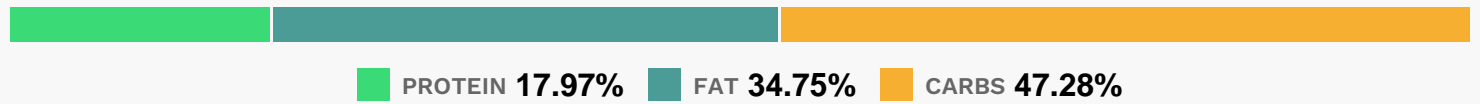
Heat gas or charcoal grill.

Spread cheese evenly over each pizza crust. Top with remaining ingredients except basil.

Place pizzas on grill over medium heat. Cover grill; cook 5 to 10 minutes or until crusts are crisp and vegetables are hot. (If crusts brown too quickly, place a piece of foil between crusts and grill.)

Sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:11.064782536548%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 614.11kcal (30.71%), Fat: 23.74g (36.53%), Saturated Fat: 12.77g (79.8%), Carbohydrates: 72.69g (24.23%), Net Carbohydrates: 69.27g (25.19%), Sugar: 4.52g (5.02%), Cholesterol: 45mg (15%), Sodium: 1362.32mg (59.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.63g (55.27%), Calcium: 393.73mg (39.37%), Iron: 4.78mg (26.53%), Vitamin A: 1149.42IU (22.99%), Phosphorus: 229.84mg (22.98%), Vitamin B12: 1.02µg (16.94%), Fiber: 3.42g (13.68%), Vitamin B2: 0.23mg (13.41%), Copper: 0.24mg (12.2%), Selenium: 8.07µg (11.53%), Zinc: 1.59mg (10.57%), Vitamin C: 8.58mg (10.4%), Vitamin K: 8.62µg (8.21%), Vitamin E: 1.07mg (7.16%), Vitamin B6: 0.13mg (6.65%), Manganese: 0.11mg (5.7%), Potassium: 193.9mg (5.54%), Magnesium: 21.37mg (5.34%), Folate: 16.07µg (4.02%), Vitamin B1: 0.06mg (3.77%), Vitamin B5: 0.29mg (2.89%), Vitamin B3: 0.56mg (2.81%), Vitamin D: 0.27µg (1.8%)