



## Grilled Two-Cheese Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

### Equipment

- grill

aluminum foil

## Directions

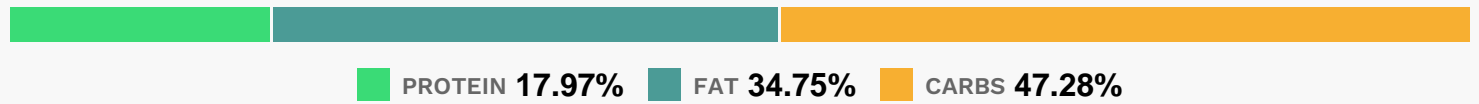
Heat gas or charcoal grill.

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%)