



HEALTH SCORE

59%

Meat Lite: Mushroom, Sausage, Goat Cheese, and Chive Grilled Pizzas



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons chives fresh chopped
- ☐ 6 ounces goat cheese crumbled soft
- ☐ 2 teaspoons honey
- ☐ 1 packet yeast dry instant
- ☐ 0.3 pound turkey sausage sweet italian your favorite (or sausage flavor)

- ☐ 1 tablespoon malt vinegar
- ☐ 1.5 pounds mushrooms sliced roughly chopped your favorite (or variety or a mix)
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt
- ☐ 2 spring onion thinly sliced
- ☐ 0.8 cup water (110°F)
- ☐ 1 cup flour whole wheat

Equipment

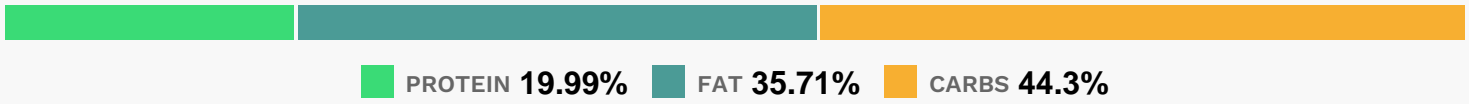
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ Whisk together the warm water and honey in a large mixing bowl.
- ☐ Sprinkle the yeast on top of the water and gently stir to combine.
- ☐ Let sit about 5 minutes.
- ☐ Sprinkle 1 cup of flour into the water and stir to combine, forming a thick, sticky batter.
- ☐ Add the olive oil and salt, and then gradually add the remaining flour, stirring to incorporate as much of the flour as you can. Turn the dough out onto a lightly floured surface and knead it for about 8 minutes.
- ☐ Transfer the dough to an oiled bowl and let it rise for 1 hour. Punch it down and let it rise 1 hour more.
- ☐ While the pizza dough rises, prepare the topping. Preheat the oven to 400°F. Toss the mushrooms with the spring onion, olive oil and malt vinegar in a baking dish or a pie plate. Season with salt and pepper.

- ☐ Remove the sausage meat from the casing and distribute it in small pieces across the top of the mushrooms.
- ☐ Transfer the dish to the oven and roast until the mushrooms are tender and the sausage is cooked through, 30 to 40 minutes.
- ☐ Heat the grill to medium-high (gas or charcoal). Divide the pizza dough into 4 pieces and roll each very thin.
- ☐ Brush both sides of each piece with olive oil and place directly on the hot grates of the grill. Grill each side about 3 minutes. Divide the mushrooms and sausage amongst the four pizzas.
- ☐ Sprinkle with goat cheese and chives. Leave the pizzas on the grates, turn off the grill and close the cover.
- ☐ Let the pizzas sit an additional 2 minutes, just until the cheese has softened, before serving.

Nutrition Facts



Properties

Glycemic Index:79.57, Glycemic Load:20.11, Inflammation Score:-8, Nutrition Score:32.473478151404%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 492kcal (24.6%), Fat: 20.24g (31.14%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 56.51g (18.84%), Net Carbohydrates: 49.78g (18.1%), Sugar: 7.92g (8.8%), Cholesterol: 34.59mg (11.53%), Sodium: 1015.19mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.5g (51%), Manganese: 1.62mg (80.86%), Selenium: 52.69µg (75.27%), Vitamin B2: 1.18mg (69.25%), Vitamin B3: 11.45mg (57.26%), Copper: 1.08mg (53.91%), Vitamin B1: 0.78mg (52.08%), Phosphorus: 463.57mg (46.36%), Iron: 7.14mg (39.68%), Folate: 153.91µg (38.48%), Vitamin B5: 3.63mg (36.31%), Vitamin B6: 0.56mg (28.06%), Fiber: 6.73g (26.9%), Potassium: 793.5mg (22.67%), Vitamin K: 23.03µg (21.93%), Zinc: 3.07mg (20.46%), Magnesium: 81mg (20.25%), Vitamin C: 14.65mg (17.76%), Vitamin A: 641.11IU (12.82%), Calcium: 95.05mg (9.5%), Vitamin E: 1.37mg (9.15%), Vitamin B12: 0.27µg (4.53%), Vitamin D: 0.51µg (3.4%)