



## Mushroom-Pesto Grilled Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup basil pesto
- 3 cups mushrooms fresh such as button, stemmed shiitake, oyster or chanterelle sliced
- 1 cup cheese blend shredded italian
- 4 teaspoons olive oil
- 13.8 ounce classic pizza crust refrigerated pillsbury® canned

### Equipment

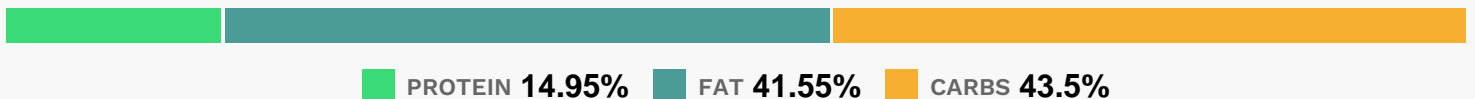
- frying pan
- grill

aluminum foil

## Directions

- Heat gas or charcoal grill for indirect cooking as directed by manufacturer.
- In 8-inch skillet, heat 3 teaspoons of the oil over medium-high heat. Cook mushrooms in oil 4 to 6 minutes, stirring frequently, until liquid is absorbed; season with salt and pepper, if desired. Set aside.
- Cut 18x12-inch sheet of heavy-duty foil; spray with cooking spray. Unroll dough; place on sprayed foil. Press out dough with hands to form 13x9-inch rectangle.
- Brush dough with remaining 1 teaspoon oil.
- Turn dough upside down onto grill rack and peel off foil. For two-burner gas grill, place on unheated side. For one-burner gas grill, place on grill over low heat. For charcoal grill, place over drip pan placed next to medium coals. Cook 3 to 5 minutes or until bottom of dough is golden brown. Turn dough; grill 1 to 2 minutes longer or until bottom is set.
- Carefully remove crust from grill and place on foil.
- Spread crust with pesto; top with mushrooms and cheese. Return pizza on foil to grill heated to medium. Cook 3 to 5 minutes or until crust is thoroughly cooked and cheese is melted. Top with basil, if desired.

## Nutrition Facts



## Properties

Glycemic Index:8, Glycemic Load:0.52, Inflammation Score:-3, Nutrition Score:6.3269564548264%

## Nutrients (% of daily need)

Calories: 461.66kcal (23.08%), Fat: 21.92g (33.73%), Saturated Fat: 3.78g (23.65%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 49.12g (17.86%), Sugar: 8.15g (9.06%), Cholesterol: 7.25mg (2.42%), Sodium: 957.25mg (41.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.5%), Iron: 3.14mg (17.46%), Vitamin B2: 0.29mg (17.03%), Vitamin B3: 2.6mg (13%), Copper: 0.23mg (11.45%), Vitamin B5: 1.08mg (10.78%), Fiber: 2.52g (10.07%), Selenium: 6.7µg (9.57%), Calcium: 91.47mg (9.15%), Vitamin A: 416.64IU (8.33%), Potassium: 229mg (6.54%), Phosphorus: 61.92mg (6.19%), Vitamin B1: 0.06mg (3.89%), Vitamin E: 0.58mg (3.89%), Vitamin B6: 0.07mg (3.74%), Folate: 12.24µg (3.06%), Zinc: 0.37mg (2.5%), Vitamin K: 2.41µg (2.29%), Vitamin C: 1.51mg (1.83%), Manganese: 0.03mg (1.69%), Magnesium: 6.48mg (1.62%)