



## Neelys BBQ Pizza

READY IN



180 min.

SERVINGS



4

CALORIES



1857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 package active yeast dry
- 0.5 cup apple cider vinegar
- 2 teaspoons apple cider vinegar
- 3.5 cups bread flour
- 0.5 cup buttermilk
- 0.3 teaspoon optional: dill dried
- 4 servings flour all-purpose for surface
- 1 tablespoon chives fresh sliced
- 1 tablespoon parsley fresh chopped

- 1 clove garlic minced
- 2 cloves garlic sliced
- 0.5 bell pepper green chopped
- 0.5 tablespoon ground mustard
- 0.5 tablespoon ground pepper fresh black
- 1 teaspoon honey
- 2 cups catsup
- 1 tablespoon kosher salt
- 1 tablespoon juice of lemon
- 5 tablespoons brown sugar light
- 0.8 cup mayonnaise
- 1 tablespoon olive oil for brushing
- 1 tablespoon olive oil for saute
- 3 tablespoons olive oil
- 0.5 tablespoon onion powder
- 0.8 teaspoon onion powder
- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 4 tablespoons parmesan freshly grated
- 2 cups barbequed pulled pork cooked
- 4 servings salt and pepper black freshly ground
- 8 ounce mozzarella cheese shredded
- 0.8 cup sugar
- 5 tablespoons sugar
- 1 cup water
- 1.5 cups warm water ( 105 to 115 degrees F)
- 1 tablespoon worcestershire sauce
- 1 medium onion yellow sliced

## Equipment

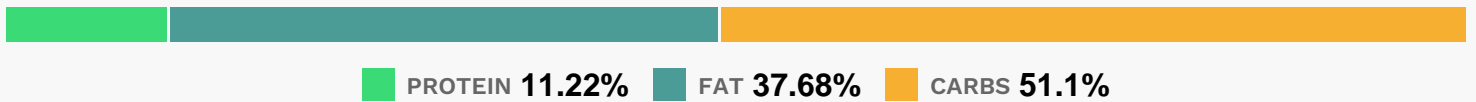
- bowl
- frying pan
- sauce pan
- oven
- blender
- grill

## Directions

- Place the yeast, warm water and honey in a small bowl and stir to dissolve.
- Add the olive oil and salt, stir to combine.
- Add the flour to the bowl of a standing mixer with a dough hook.
- Add the water, olive oil, salt and honey mixture.
- Mix on low for roughly three minutes, then increase to a medium speed and knead until the dough is elastic and starts to come away from the sides of the bowl, roughly 3 minutes. The dough should be smooth and firm. Ball up the dough and place in a large lightly oiled glass bowl. Flip to cover both sides of the dough with oil. Cover with a towel and let rise in a warm draft free area for 2 hours, until roughly doubled in bulk.
- Cut the dough into 4 equal pieces, smooth into a ball and let rest for 20 more minutes before cooking.
- Preheat grill to high heat. Preheat oven to 400 degrees F.
- Heat a saute pan over medium heat.
- Add olive oil and saute onion, green bell pepper, garlic, salt and pepper until tender; about 3 minutes.
- Remove to a glass bowl.
- Flour work surface and roll out pizza dough into 4 (6-inch) circles, and 1/8 to 1/4-inch thick.
- Brush with olive oil and place on grill. Grill for about 3 minutes on the first side. Flip and cook for 1 more minute.
- Remove to a sheet tray and grill off the other dough balls, if using.

- Spread 1/4 cup of BBQ sauce evenly on each pizza.
- Add 1/2 cup of chopped pork and top with a quarter of the sauteed vegetables.
- Sprinkle with the cheeses. Repeat.
- Bake the pizzas in the oven for 10 minutes until the cheese is melted.
- Serve immediately.
- Mix in all the ingredients until smooth. Cover and chill for one hour to meld the flavors.
- Add all ingredients to a bowl and stir until combined. Keep in an airtight container for up to 6 months.
- In a large saucepan, combine all ingredients. Bring mixture to a boil, reduce heat to a simmer. Cook uncovered, stirring frequently, for 1 hour 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:200.61, Glycemic Load:96.11, Inflammation Score:-10, Nutrition Score:55.626087354577%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

### Nutrients (% of daily need)

Calories: 1857.31kcal (92.87%), Fat: 80.54g (123.91%), Saturated Fat: 20.17g (126.08%), Carbohydrates: 245.7g (81.9%), Net Carbohydrates: 225.56g (82.02%), Sugar: 120.85g (134.28%), Cholesterol: 120mg (40%), Sodium: 4380.19mg (190.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.97g (107.94%), Vitamin A: 21427.07IU (428.54%), Vitamin K: 138µg (131.43%), Vitamin E: 18.17mg (121.14%), Manganese: 2.14mg (106.8%), Selenium: 66.35µg (94.78%), Fiber: 20.14g (80.58%), Iron: 13.07mg (72.61%), Vitamin B2: 1.15mg (67.62%), Vitamin B6: 1.33mg (66.7%), Calcium: 648.31mg (64.83%), Phosphorus: 609.05mg (60.9%), Potassium: 1754.98mg (50.14%), Vitamin B3: 8.4mg (41.98%), Vitamin B1: 0.6mg (39.86%), Magnesium: 159.31mg (39.83%), Copper: 0.77mg (38.65%), Zinc: 5.59mg (37.29%), Folate: 146.26µg (36.56%), Vitamin C: 27.82mg (33.72%), Vitamin B12: 1.54µg (25.71%), Vitamin B5: 2.28mg (22.8%), Vitamin D: 0.73µg (4.84%)