



 **68%**
HEALTH SCORE

Pizza on the Grill with Sausage and Mozzarella

 Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



1357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package active yeast dry
- 8 ounce buffalo mozzarella cheese fresh drained
- 56 ounce tomatoes whole crushed peeled drained canned
- 3 cups flour for dusting plus more
- 1 bunch basil leaves fresh
- 2 garlic cloves minced
- 2 sausages sweet italian
- 1 tablespoon kosher salt

- 3 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 3 servings olive oil extra-virgin
- 1 medium onion chopped
- 0.3 cup parmesan freshly grated
- 1 teaspoon sugar
- 1 cup warm water

Equipment

- bowl
- frying pan
- ladle
- blender
- plastic wrap
- hand mixer
- grill
- stove
- tongs

Directions

- For the dough: In the bowl of a standing electric mixer fitted with a dough hook, combine the yeast, sugar, and warm water; stir gently to dissolve.
- Let the mixture stand until the yeast comes alive and starts to foam, about 5 to 10 minutes. Turn the mixer on low and add the salt and 2 tablespoons of olive oil.
- Add the flour, a little at a time, mixing at the lowest speed until all the flour has been incorporated. When the dough starts to come together, increase the speed to medium; stop the machine periodically to scrape the dough off the hook. Get a feel for the dough by squeezing a small amount together: if it's crumbly, add more water; if it's sticky, add more flour - 1 tablespoon at a time.
- Mix until the dough gathers into a ball, this should take about 5 minutes.

- Turn the dough out onto a lightly floured surface and fold it over itself a few times; kneading until it's smooth and elastic. Form the dough into a round and place in a lightly oiled bowl, turning it over to coat. Cover with plastic wrap or a damp towel and let it rise in a warm spot (i.e. over a gas pilot light) until doubled in size, about 1 hour.
- Once the dough is domed and spongy, turn it out onto a lightly floured counter.
- Roll and stretch the dough into a cylinder and divide into 3 equal pieces. Cover and let rest for 15 minutes so it will be easier to roll out. In the meantime, make the pizza topping.
- For the topping: Coat a saute pan with the olive oil and place over medium heat. When the oil gets hazy, add the onion and garlic, cook and stir for 5 minutes to soften. Stir in 1/2 bunch torn basil leaves. Carefully add the tomatoes (nothing splashes like tomatoes), cook and stir until the liquid is cooked down and the sauce is thick, about 10 minutes; season with salt and pepper and then take it off the stove.
- Preheat an outdoor gas or charcoal barbecue and get it very hot.
- Brush the grates with oil to keep the sausages from sticking. Grill the sausages until cooked through, turning with tongs. Set aside. Keep the grill hot to make the pizza.
- Roll or pat out a piece of dough into a rustic, oblong shape, about 1/4-inch thick do this directly on a lightly floured pizza paddle for ease.
- Brush the crust with a thin layer of olive oil, and lay oil-side down onto the hot grill. Once the dough looks set, in about 2 minutes, turn the crust over.
- Spread the tomato sauce evenly on the crust with a ladle. Rip the mozzarella into pieces with your hands and distribute them on top; crumble the grilled sausage all over the pizza. Close the grill cover and cook until the cheese is melted and bubbling and the crust is golden and crisp, about 5 minutes.
- Remove the pizza from grill and sprinkle with some fresh basil leaves and a good dusting of Parmesan. Repeat with the remaining dough.

Nutrition Facts

 PROTEIN **13.62%**  FAT **49.73%**  CARBS **36.65%**

Properties

Glycemic Index:119.7, Glycemic Load:71.12, Inflammation Score:-10, Nutrition Score:51.243043869734%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg, Quercetin: 10.12mg

Nutrients (% of daily need)

Calories: 1357.22kcal (67.86%), Fat: 75.61g (116.33%), Saturated Fat: 24.42g (152.61%), Carbohydrates: 125.41g (41.8%), Net Carbohydrates: 115.38g (41.96%), Sugar: 16.59g (18.43%), Cholesterol: 119.87mg (39.96%), Sodium: 4080.96mg (177.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.6g (93.2%), Calcium: 2002.81mg (200.28%), Vitamin B1: 1.93mg (128.35%), Selenium: 63.98µg (91.39%), Folate: 341.1µg (85.27%), Vitamin B3: 14.62mg (73.08%), Manganese: 1.44mg (72.12%), Iron: 12.64mg (70.22%), Vitamin B2: 1.17mg (68.8%), Vitamin C: 54.53mg (66.1%), Vitamin A: 3056.53IU (61.13%), Vitamin E: 8.33mg (55.54%), Vitamin B6: 0.98mg (49.11%), Vitamin K: 46.55µg (44.33%), Phosphorus: 429.61mg (42.96%), Potassium: 1468.96mg (41.97%), Fiber: 10.03g (40.11%), Copper: 0.66mg (33.21%), Magnesium: 107.98mg (27%), Zinc: 3.49mg (23.26%), Vitamin B5: 1.97mg (19.69%), Vitamin B12: 0.78µg (13.02%)