

Rustic Grilled Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2.5 ounces goat cheese crumbled
- ☐ 1 tablespoon olive oil divided
- ☐ 3 cups onion thinly sliced
- ☐ 1 tablespoon oregano fresh minced
- ☐ 10 ounce pizza crust dough refrigerated canned
- ☐ 3 large bell peppers red
- ☐ 0.8 teaspoon salt divided

- ☐ 7 ounces mushroom caps
- ☐ 0.3 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags

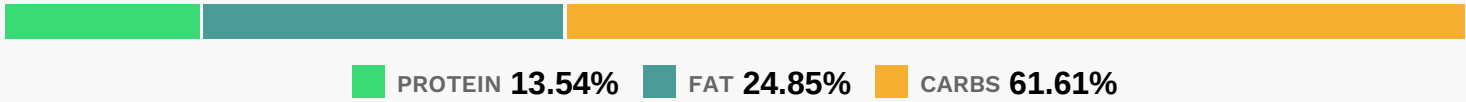
Directions

- ☐ Cut bell peppers in half lengthwise, and discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand for 15 minutes. Peel and cut into 1/2-inch strips.
- ☐ Combine bell peppers, oregano, 1 teaspoon oil, and 1/4 teaspoon salt.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add onion and 1/4 teaspoon salt; cook 15 minutes, stirring frequently. Increase heat to medium-high.
- ☐ Sprinkle onion with sugar; saut 5 minutes or until lightly browned.
- ☐ Remove from pan.
- ☐ Heat 1 teaspoon oil in pan over medium-high heat.
- ☐ Add mushrooms; cover and cook 2 minutes. Uncover and cook 1 minute or until tender, stirring constantly.
- ☐ Combine the onion, mushrooms, and 1/4 teaspoon salt.
- ☐ Prepare grill.
- ☐ Roll dough into a 12-inch circle.
- ☐ Place dough on grill rack coated with cooking spray; grill 3 minutes or until browned. Turn crust. Arrange the onion mixture and bell pepper mixture on crust. Top with cheese. Grill,

covered, 3 minutes.

☐ Sprinkle with parsley and black pepper.

Nutrition Facts



Properties

Glycemic Index:57.52, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:22.247391257597%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg, Isorhamnetin: 6.01mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 24.65mg, Quercetin: 24.65mg, Quercetin: 24.65mg, Quercetin: 24.65mg

Nutrients (% of daily need)

Calories: 353.86kcal (17.69%), Fat: 10.23g (15.74%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 49.53g (18.01%), Sugar: 16.3g (18.11%), Cholesterol: 8.15mg (2.72%), Sodium: 1028.8mg (44.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.09%), Vitamin C: 167.68mg (203.25%), Vitamin A: 4142.75IU (82.85%), Vitamin B6: 0.71mg (35.3%), Vitamin K: 33.31µg (31.72%), Fiber: 7.52g (30.09%), Manganese: 0.51mg (25.27%), Folate: 92.46µg (23.11%), Iron: 3.79mg (21.07%), Vitamin B2: 0.32mg (18.81%), Vitamin E: 2.74mg (18.27%), Potassium: 613.24mg (17.52%), Vitamin B3: 3.42mg (17.08%), Phosphorus: 170.33mg (17.03%), Vitamin B5: 1.42mg (14.19%), Copper: 0.28mg (13.96%), Magnesium: 43.62mg (10.9%), Vitamin B1: 0.14mg (9.64%), Calcium: 84.21mg (8.42%), Zinc: 1.23mg (8.22%), Selenium: 4.11µg (5.88%), Vitamin D: 0.27µg (1.8%)