



Skinny Grilled Sausage and Pepper Pizza

READY IN



30 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bell pepper green red cut in half lengthwise, seeds and membranes removed
- 13.8 oz pizza dough refrigerated canned
- 1 teaspoon olive oil
- 0.5 cup tomato sauce organic
- 6 oz pizza cheese shredded italian reduced-fat
- 8 oz turkey sausage italian lean cooked drained
- 0.5 teaspoon oregano dried

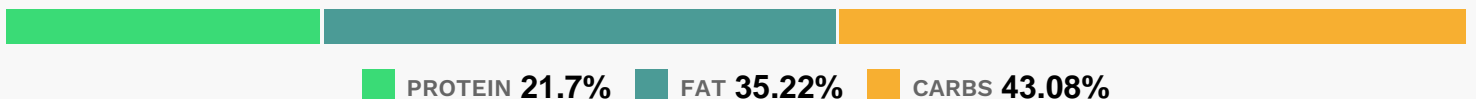
Equipment

- baking sheet
- grill
- aluminum foil
- spatula

Directions

- Heat gas or charcoal grill.
- Cut 18x12-inch sheet of heavy-duty foil; place on large cookie sheet. Spray foil with cooking spray; set aside.
- Place pepper halves on grill over medium heat. Cover grill; cook 3 to 5 minutes, turning occasionally, until crisp-tender.
- Remove from grill; cool.
- Cut into thin slices.
- Unroll dough on sprayed foil. Starting at center, press out dough to form 13x9-inch rectangle.
- Brush top of dough with 1 teaspoon oil.
- Invert foil, placing dough oil side down directly on grill rack; peel off foil and return to cookie sheet, sprayed side up. Cook uncovered 2 to 4 minutes or until bottom of dough is golden brown. (Watch carefully to prevent burning.) With wide metal pancake turner, turn crust over. Cook 1 minute to 1 minute 30 seconds longer or until bottom is set but not brown. Carefully remove crust from grill; place browned side up on foil on cookie sheet.
- Top crust with pizza sauce, 1 cup of the cheese, the grilled pepper slices and sausage.
- Sprinkle with remaining 1/2 cup cheese and the oregano.
- Slide pizza from foil onto grill. Cover grill; cook 3 to 5 minutes or until bottom crust is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:5.9817391271177%

Flavonoids

Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 245.87kcal (12.29%), Fat: 9.9g (15.23%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 25.62g (9.32%), Sugar: 4.98g (5.53%), Cholesterol: 19.28mg (6.43%), Sodium: 730.29mg (31.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin C: 26.17mg (31.73%), Iron: 4.31mg (23.93%), Selenium: 6.39µg (9.13%), Vitamin B6: 0.17mg (8.51%), Vitamin B3: 1.3mg (6.49%), Fiber: 1.62g (6.48%), Phosphorus: 60.87mg (6.09%), Calcium: 54.67mg (5.47%), Zinc: 0.67mg (4.45%), Potassium: 138.78mg (3.97%), Vitamin B2: 0.07mg (3.85%), Vitamin A: 185.1IU (3.7%), Manganese: 0.07mg (3.32%), Copper: 0.06mg (3.17%), Vitamin B5: 0.29mg (2.95%), Magnesium: 11.77mg (2.94%), Vitamin K: 3.02µg (2.88%), Vitamin E: 0.39mg (2.61%), Vitamin B1: 0.04mg (2.38%), Vitamin B12: 0.12µg (2.03%), Folate: 5.99µg (1.5%)