



 **39%**
HEALTH SCORE

Turkey Tomato Cheese Pizza

 Popular

READY IN



15 min.

SERVINGS



6

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings bell pepper green chopped
- 6 servings parsley
- 6 servings bell pepper
- 6 servings bell pepper
- 6 servings pie crust dough whole wheat
- 6 servings roma tomatoes diced
- 1 oz cheese shredded
- 6 servings tomato sauce

0.5 cup turkey breast cooked chopped ()

6 servings onion white chopped

Equipment

grill

Directions

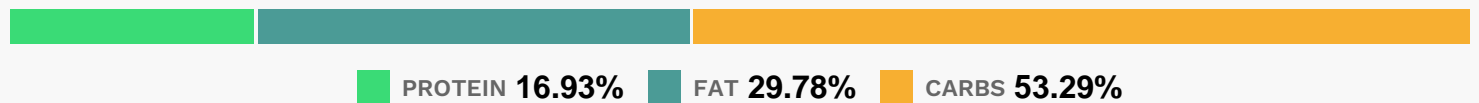
Heat up your grill to 450 degrees. Start off with your whole wheat crust and spread the tomato sauce evenly over the top.

Add a little cheese, bell pepper, onion, turkey and create a layer. Top with another layer of cheese, turkey, tomato, bell pepper, onion.

Add another layer of cheese, and then sprinkle with pepper.

Place the pizza on a ceramic grill plate and place into the grill. Grill for 6–10 minutes, or until cooked as desired. Slice, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:27.93652173913%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg, Luteolin: 3.77mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg, Quercetin: 12.84mg

Nutrients (% of daily need)

Calories: 239.96kcal (12%), Fat: 8.48g (13.04%), Saturated Fat: 2.9g (18.12%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 26.54g (9.65%), Sugar: 14.46g (16.07%), Cholesterol: 15.37mg (5.12%), Sodium: 751.31mg (32.67%), Protein: 10.85g (21.69%), Vitamin C: 256.66mg (311.1%), Vitamin A: 5813.65IU (116.27%), Vitamin K: 82.7µg (78.76%), Vitamin B6: 0.92mg (46.2%), Fiber: 7.59g (30.35%), Vitamin E: 4.53mg (30.2%), Folate: 119.44µg (29.86%), Vitamin B3: 5.61mg (28.07%), Potassium: 959.13mg (27.4%), Manganese: 0.54mg (27.24%), Vitamin B2: 0.33mg (19.26%), Phosphorus: 185.69mg (18.57%), Iron: 3.05mg (16.95%), Vitamin B1: 0.24mg (15.95%), Magnesium: 59.21mg (14.8%),

Copper: 0.26mg (13.06%), Vitamin B5: 1.25mg (12.53%), Selenium: 8.19µg (11.7%), Zinc: 1.38mg (9.22%), Calcium: 92mg (9.2%), Vitamin B12: 0.17µg (2.9%)