



Bobby Flay's Margherita Pizza

READY IN



20 min.

SERVINGS



1

CALORIES



2481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Handful basil leaves fresh
- 1 pound mozzarella cheese fresh sliced
- 1 serving kosher salt and pepper black freshly ground
- 1 serving olive oil for brushing and drizzling
- 1 pizza dough store-bought
- 3 roma tomatoes sliced

Equipment

- frying pan

- grill
- spatula
- tongs

Directions

- Watch how to make this recipe.
- Prepare the grill for direct and indirect cooking.
- Once the grill is hot (you can hold your hands an inch over the grates for no more than 2 seconds), stretch and shape the dough into a 12-inch round on a flat surface.
- Brush the top with oil, salt and pepper and toss on the grill, oil-side down. Cook until the bottom is golden brown, 1 minute. Check the bottom of the dough to see if it is getting browned. If it is on one part, but not the other, use a spatula or tongs to rotate the dough 90 degrees and cook for another minute. If it is still not beginning to brown, cover the grill and continue to cook a minute at a time until the bottom has browned evenly. (It should only take a couple minutes if you have a hot grill.) The top of the pizza dough will also start bubbling up with air pockets.
- Once the pizza dough has browned on the bottom, flip over and grill until golden brown and the dough is just firm, another minute or so.
- Remove to a sheet pan. Cover the grill so it retains the heat for the next step.
- Drizzle the top with more olive oil.
- Put the mozzarella and tomato slices on top and season with salt and pepper. Return the pizza to the grill on the sheet pan, cover the grill and cook for 3 or 4 minutes to melt the cheese.
- Remove from the grill and tear the basil leaves over the top. Slice and serve immediately.

Nutrition Facts



PROTEIN 21.22% **FAT 46.12%** **CARBS 32.66%**

Properties

Glycemic Index:167, Glycemic Load:4.61, Inflammation Score:-10, Nutrition Score:44.241739210875%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 2480.59kcal (124.03%), Fat: 127.89g (196.75%), Saturated Fat: 64.65g (404.08%), Carbohydrates: 203.79g (67.93%), Net Carbohydrates: 195.64g (71.14%), Sugar: 33.81g (37.57%), Cholesterol: 358.34mg (119.45%), Sodium: 5680.63mg (246.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 132.38g (264.76%), Calcium: 2313.36mg (231.34%), Vitamin B12: 10.34µg (172.37%), Phosphorus: 1651.64mg (165.16%), Selenium: 77.12µg (110.17%), Vitamin A: 4721.71IU (94.43%), Zinc: 13.58mg (90.52%), Vitamin B2: 1.32mg (77.69%), Iron: 13.21mg (73.37%), Vitamin K: 42.02µg (40.02%), Fiber: 8.15g (32.62%), Vitamin C: 25.84mg (31.32%), Magnesium: 112.63mg (28.16%), Vitamin E: 3.9mg (26%), Potassium: 792.92mg (22.65%), Manganese: 0.38mg (19.19%), Vitamin B6: 0.32mg (16%), Folate: 61.03µg (15.26%), Vitamin B1: 0.21mg (13.71%), Vitamin D: 1.81µg (12.1%), Copper: 0.17mg (8.43%), Vitamin B5: 0.81mg (8.11%), Vitamin B3: 1.6mg (7.98%)