



Eggplant, Green Olive, and Provolone Pizza

READY IN



30 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound eggplant cut into 3/4-inch-thick rounds
- ☐ 0.3 cup flat parsley chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup olive green pitted coarsely chopped
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 pound pizza dough store-bought at room temperature
- ☐ 5 ounces provolone cheese sliced cut into short thin matchsticks (1 1/4 cups)

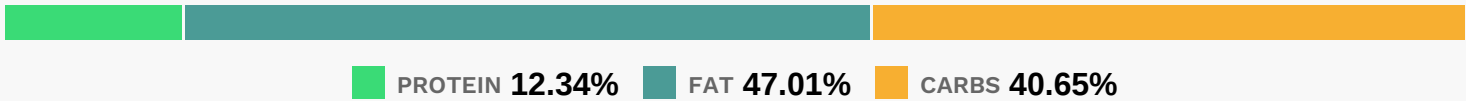
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare a gas grill for direct-heat cooking over medium heat; see Grilling Procedure.
- ☐ Stir together garlic and oil.
- ☐ Brush some of garlic oil on both sides of eggplant and season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Grill, covered, turning once, until tender, 6 to 8 minutes total.
- ☐ Cut into roughly 1-inch pieces.
- ☐ Stretch dough into about a 12- by 10-inch rectangle on a large baking sheet and lightly brush with garlic oil. Oil grill rack, then put dough, oiled side down, on grill.
- ☐ Brush top with more garlic oil. Grill, covered, until underside is golden-brown, 1 1/2 to 3 minutes.
- ☐ Using tongs, return crust, grilled side up, to baking sheet. Scatter eggplant, cheese, olives, and parsley over crust. Slide pizza from sheet onto grill and grill, covered, until underside is golden-brown and cheese is melted, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.54, Inflammation Score:-6, Nutrition Score:14.664782425632%

Flavonoids

Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg, Delphinidin: 121.46mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 616.68kcal (30.83%), Fat: 32.95g (50.69%), Saturated Fat: 9.7g (60.62%), Carbohydrates: 64.1g (21.37%), Net Carbohydrates: 57.64g (20.96%), Sugar: 12.33g (13.7%), Cholesterol: 24.45mg (8.15%), Sodium: 1258.42mg

(54.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.47g (38.94%), Vitamin K: 78.25µg (74.52%), Calcium: 293.22mg (29.32%), Fiber: 6.46g (25.86%), Vitamin E: 3.56mg (23.71%), Iron: 3.97mg (22.07%), Phosphorus: 213.56mg (21.36%), Manganese: 0.35mg (17.55%), Vitamin A: 704.63IU (14.09%), Potassium: 402.19mg (11.49%), Folate: 40.79µg (10.2%), Vitamin C: 8.34mg (10.11%), Vitamin B2: 0.17mg (10.09%), Zinc: 1.42mg (9.5%), Vitamin B12: 0.52µg (8.62%), Magnesium: 33.07mg (8.27%), Selenium: 5.78µg (8.25%), Vitamin B6: 0.16mg (8.05%), Copper: 0.15mg (7.27%), Vitamin B5: 0.59mg (5.89%), Vitamin B3: 1.06mg (5.28%), Vitamin B1: 0.07mg (4.61%), Vitamin D: 0.18µg (1.18%)