



Garlicky Clam Grilled Pizza

READY IN



45 min.

SERVINGS



5

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce bread flour (2 cups plus 2 tablespoons)
- ☐ 2 tablespoons butter
- ☐ 60 clams scrubbed
- ☐ 0.5 cup wine dry white
- ☐ 2.3 teaspoons yeast dry
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 6 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 teaspoons olive oil divided

- ☐ 1 tablespoon oregano fresh finely chopped
- ☐ 2 ounces parmesan grated
- ☐ 0.3 cup shallots chopped
- ☐ 1 cup water divided (100° to 110°)
- ☐ 2 tablespoons cornmeal yellow

Equipment

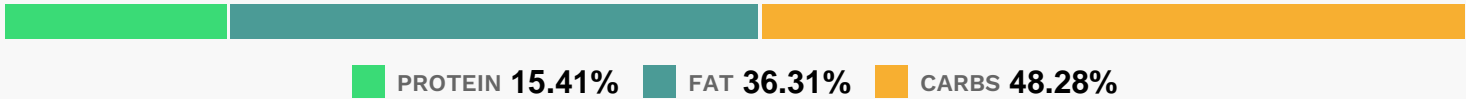
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ grill
- ☐ stand mixer
- ☐ measuring cup
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Pour 3/4 cup warm water in the bowl of a stand mixer with dough hook attached. Weigh or lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add flour to 3/4 cup water; mix until combined. Cover and let stand 20 minutes.
- ☐ Combine remaining 1/4 cup water and yeast in a small bowl; let stand 5 minutes or until bubbly.
- ☐ Add yeast mixture, 4 teaspoons oil, and salt to flour mixture; mix 5 minutes or until a soft dough forms.
- ☐ Place dough in a large bowl coated with cooking spray; cover surface of dough with plastic wrap lightly coated with cooking spray. Refrigerate 24 hours.
- ☐ Remove dough from refrigerator.

- ☐ Let stand, covered, 1 hour or until dough comes to room temperature. Punch dough down. Press dough out to a 12-inch circle on a lightly floured baking sheet, without raised sides, sprinkled with cornmeal. Crimp edges to form a 1/2-inch border. Cover dough loosely with plastic wrap.
- ☐ Prepare grill to high.
- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add remaining 2 tablespoons oil to pan; swirl to coat.
- ☐ Add butter; swirl until butter melts.
- ☐ Add shallots; saut 2 minutes.
- ☐ Add garlic; saut 1 minute. Stir in wine and clams; bring to a boil. Cover and cook 8 minutes or until shells open; discard any unopened shells.
- ☐ Remove clams from pan using a slotted spoon. Strain cooking liquid through a fine sieve over a bowl, reserving solids. Reserve cooking liquid for another use.
- ☐ Remove clams from shells; discard shells. Chop clams; toss with reserved solids.
- ☐ Place pizza dough, cornmeal side up, on grill rack coated with cooking spray; grill 4 minutes or until blistered. Turn dough over; grill 3 minutes.
- ☐ Remove from grill.
- ☐ Spread clam mixture evenly over top side of crust, leaving a 1/2-inch border; top with cheese. Return pizza to grill rack; grill 4 minutes or until thoroughly cooked.
- ☐ Remove from grill.
- ☐ Sprinkle with parsley and oregano.
- ☐ Cut pizza into 10 wedges.

Nutrition Facts



Properties

Glycemic Index:70.3, Glycemic Load:29.82, Inflammation Score:-9, Nutrition Score:15.02608692646%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin:

0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 440.93kcal (22.05%), Fat: 17.08g (26.27%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 51.09g (17.03%), Net Carbohydrates: 47.94g (17.43%), Sugar: 1.89g (2.1%), Cholesterol: 27.31mg (9.1%), Sodium: 473.27mg (20.58%), Alcohol: 2.47g (100%), Alcohol %: 1.53% (100%), Protein: 16.31g (32.62%), Vitamin B12: 2.99µg (49.9%), Selenium: 33.95µg (48.5%), Manganese: 0.69mg (34.44%), Vitamin K: 25.26µg (24.05%), Phosphorus: 224.09mg (22.41%), Calcium: 187.83mg (18.78%), Folate: 64.35µg (16.09%), Vitamin B1: 0.24mg (16.01%), Vitamin E: 1.92mg (12.78%), Fiber: 3.15g (12.58%), Iron: 1.94mg (10.79%), Vitamin B6: 0.2mg (10.04%), Magnesium: 39.29mg (9.82%), Vitamin B2: 0.16mg (9.42%), Zinc: 1.34mg (8.91%), Copper: 0.18mg (8.84%), Vitamin A: 390.6IU (7.81%), Vitamin B3: 1.49mg (7.45%), Vitamin B5: 0.65mg (6.46%), Potassium: 207.63mg (5.93%), Vitamin C: 3.48mg (4.21%)