



Goat-Cheese Pizza

READY IN



25 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces goat cheese soft
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pound pizza dough store-bought
- ☐ 1 tablespoon rosemary finely chopped

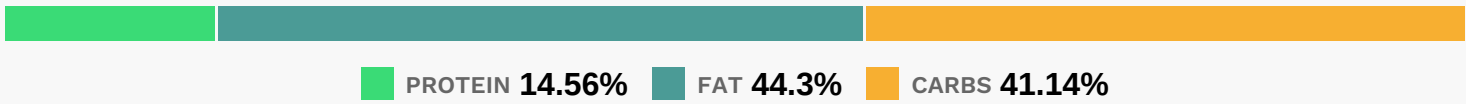
Equipment

- ☐ oven
- ☐ grill
- ☐ broiler

Directions

- ☐ Preheat a gas or charcoal grill to medium, or the oven to 450° F.
- ☐ Toss together the grapes, rosemary, and 1 tablespoon of the olive oil; set aside.
- ☐ Divide the dough into thirds and stretch each portion into a 10-inch circle.
- ☐ Place the rounds on the grill or in the oven until cooked through, about 6 minutes, flipping each halfway through if using a grill.
- ☐ Distribute the grapes, spoonfuls of the goat cheese, and the remaining olive oil on the pizzas.
- ☐ Cover the grill (if using) and heat until the cheese begins to melt, about 5 minutes.
- ☐ For a faster version, cover split pita bread, tortillas, or naan with the cheese and grapes, then place it under the broiler for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:4.4026087237441%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 348.75kcal (17.44%), Fat: 17.36g (26.71%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 35g (12.73%), Sugar: 5.02g (5.58%), Cholesterol: 17.39mg (5.8%), Sodium: 685.99mg (29.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.84g (25.68%), Iron: 2.9mg (16.09%), Copper: 0.28mg (13.93%), Phosphorus: 97mg (9.7%), Vitamin B2: 0.15mg (8.53%), Vitamin A: 400.89IU (8.02%), Vitamin E: 1.08mg (7.17%), Calcium: 57.26mg (5.73%), Fiber: 1.28g (5.1%), Vitamin B6: 0.1mg (5.01%), Vitamin K: 4.89µg (4.66%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.36mg (2.39%), Manganese: 0.04mg (2.2%), Vitamin B1: 0.03mg (1.88%), Magnesium: 6.78mg (1.7%), Selenium: 1.07µg (1.53%), Folate: 5.56µg (1.39%), Vitamin B12: 0.07µg (1.2%), Vitamin D: 0.15µg (1.01%)