



Grilled California Pizzas

READY IN



65 min.

SERVINGS



6

CALORIES



1160 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch arugula dried cleaned
- ☐ 6 servings cornmeal
- ☐ 1 bunch basil leaves dried cleaned
- ☐ 2 packages yeast dry
- ☐ 4 cups flour all-purpose for kneading
- ☐ 0.5 pound fontina italian grated
- ☐ 1 pound mozzarella cheese fresh grated
- ☐ 4 garlic cloves
- ☐ 0.5 pound mild goat cheese such as Montrachet, sliced

- ☐ 1 tablespoon honey
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 3 tablespoons olive oil good
- ☐ 6 plum tomatoes sliced
- ☐ 0.3 pound pancetta julienned thinly sliced
- ☐ 1 onion red thinly sliced
- ☐ 6 servings pepper flakes red crushed
- ☐ 4 turkey sausages cooked sliced
- ☐ 1.3 cups warm water 100 to 110 degrees F
- ☐ 1 bell pepper red yellow cored julienned seeded

Equipment

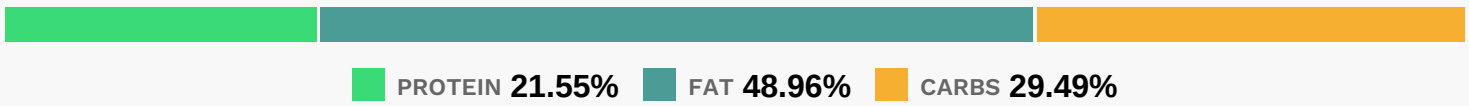
- ☐ bowl
- ☐ baking sheet
- ☐ hand mixer
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ Watch how to make this recipe.
- ☐ For the dough, combine the water, yeast, honey, and olive oil in the bowl of an electric mixer fitted with a dough hook.
- ☐ Add 3 cups flour, then the salt, and mix. While mixing, add 1 more cup of flour, or enough to make a soft dough. Knead the dough on low to medium speed for about 10 minutes until smooth, sprinkling it with flour, if necessary, to keep it from sticking to the bowl.
- ☐ When the dough is ready, turn it out onto a floured board and knead by hand a dozen times. It should be smooth and elastic.
- ☐ Place the dough in a well-oiled bowl and turn it several times to cover it lightly with oil. Cover the bowl with a kitchen towel. Allow the dough to rest at room temperature for 30 minutes.

- ☐ Divide the dough into 6 equal parts and roll each one into a smooth ball.
- ☐ Place the balls on a baking sheet and cover them with a damp towel. Allow the dough to rest for 10 minutes. Use immediately, or refrigerate for up to 4 hours.
- ☐ If you've chilled the dough, take it out of the refrigerator approximately 30 minutes ahead to let it come to room temperature.
- ☐ Roll and stretch each ball into a rough 8-inch circle and place them all on baking sheets sprinkled with cornmeal. (You will be able to fit 2 pizzas on each 18 by 13-inch baking sheet.)
- ☐ Light your grill and wait until it's hot.
- ☐ Place the pizzas directly onto the grill and cook on 1 side for 1 minute. Turn the pizzas over and brush with olive oil or garlic oil.
- ☐ Top the pizzas with any toppings you wish, piling them high.
- ☐ Drizzle each pizza with 1 tablespoon of olive oil.
- ☐ Put the lid on your grill and cook for 5 minutes more, until the crust is crisp and the toppings are cooked.

Nutrition Facts



Properties

Glycemic Index:62.8, Glycemic Load:53.79, Inflammation Score:-10, Nutrition Score:46.185217359792%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg, Isorhamnetin: 1.73mg Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg, Kaempferol: 6.75mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 1160.43kcal (58.02%), Fat: 63g (96.92%), Saturated Fat: 28.52g (178.27%), Carbohydrates: 85.37g (28.46%), Net Carbohydrates: 79.2g (28.8%), Sugar: 7.92g (8.8%), Cholesterol: 189.93mg (63.31%), Sodium: 2311.16mg (100.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.39g (124.78%), Phosphorus: 827.5mg (82.75%), Vitamin B1: 1.16mg (77.5%), Selenium: 53.16µg (75.94%), Calcium: 730.61mg (73.06%), Vitamin B2: 1.2mg (70.75%), Folate: 263.78µg (65.94%), Vitamin C: 51.47mg (62.38%), Vitamin B12: 3.51µg (58.43%), Vitamin A: 2907.94IU (58.16%), Vitamin B3: 11.51mg (57.55%), Zinc: 7.88mg (52.53%), Manganese: 0.99mg (49.5%), Vitamin B6:

0.85mg (42.39%), Iron: 7.5mg (41.64%), Vitamin K: 40.57µg (38.64%), Copper: 0.64mg (32%), Fiber: 6.16g (24.64%), Magnesium: 98.47mg (24.62%), Vitamin B5: 2.37mg (23.65%), Potassium: 808.66mg (23.1%), Vitamin E: 3.31mg (22.05%), Vitamin D: 0.76µg (5.04%)