



Grilled Greek Pizza

READY IN



55 min.

SERVINGS



4

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons vegetable oil
- ☐ 0.1 teaspoon salt
- ☐ 6 drops hot sauce red
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 3 tablespoons spring onion sliced
- ☐ 1.5 cups tomatoes seeded coarsely chopped
- ☐ 0.3 package pizza dough frozen italian thawed (48-oz size) (1 loaf)
- ☐ 4 oz mozzarella cheese shredded

- ☐ 2 oz feta cheese crumbled
- ☐ 10 kalamata olives pitted cut in half,

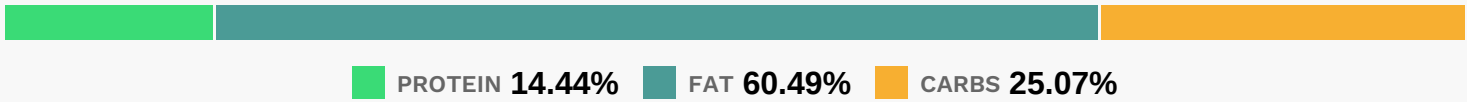
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ In small bowl, mix oil, salt, pepper sauce and garlic; reserve 1 tablespoon. To remaining oil mixture, add basil, onions and tomatoes; toss. Cover; let stand at room temperature 30 minutes.
- ☐ Heat gas or charcoal grill. Divide dough in half. On floured surface, roll each half into 8-inch round.
- ☐ Place dough rounds on grill over medium heat. Cover grill; cook 1 to 2 minutes or until bottoms of crusts begin to brown.
- ☐ Remove crusts from grill, and place browned sides up on ungreased cookie sheet.
- ☐ Brush reserved oil mixture evenly over crusts. Top with tomato mixture, cheeses and olives.
- ☐ Slide pizzas from cookie sheet onto grill. Cover grill; cook 2 to 4 minutes or until bottoms of crusts are brown and cheese is melted. (If crusts brown too quickly, place a piece of foil between crusts and grill.)

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:12.405217528343%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,

Kaempferol: 0.11mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 324.87kcal (16.24%), Fat: 22.33g (34.36%), Saturated Fat: 7.68g (48.03%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 18.45g (6.71%), Sugar: 4g (4.45%), Cholesterol: 35.01mg (11.67%), Sodium: 848.4mg (36.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12g (24%), Vitamin K: 67.87µg (64.64%), Calcium: 273.4mg (27.34%), Iron: 3.18mg (17.68%), Phosphorus: 170.39mg (17.04%), Vitamin A: 818.44IU (16.37%), Vitamin B12: 0.89µg (14.77%), Manganese: 0.29mg (14.64%), Vitamin B2: 0.24mg (14.17%), Vitamin E: 1.84mg (12.25%), Vitamin C: 9.87mg (11.97%), Selenium: 7.23µg (10.33%), Zinc: 1.51mg (10.03%), Fiber: 2.38g (9.52%), Vitamin B6: 0.16mg (7.98%), Magnesium: 30.99mg (7.75%), Potassium: 237.16mg (6.78%), Folate: 24.39µg (6.1%), Copper: 0.1mg (5.05%), Vitamin B1: 0.06mg (3.95%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.26mg (2.55%), Vitamin D: 0.17µg (1.13%)