



WHATSheATE



Grilled Heirloom Tomato and Goat Cheese Pizza

READY IN



15 min.

SERVINGS



6

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove halved
- ☐ 3 ounces herbed goat cheese crumbled
- ☐ 10 ounces heirloom tomatoes seeded chopped
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 13.8 ounce pizza crust dough refrigerated canned

Equipment

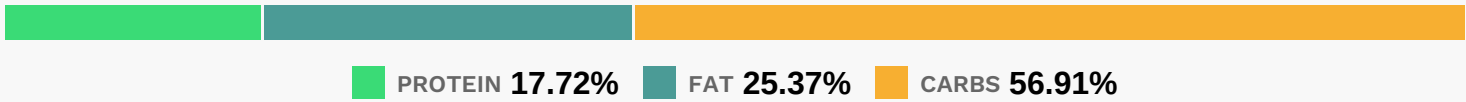
- ☐ baking sheet

☐ grill

Directions

- ☐ Prepare grill to medium heat.
- ☐ Unroll dough onto a large baking sheet coated with cooking spray; pat dough into a 12 x 9-inch rectangle. Lightly coat dough with cooking spray.
- ☐ Place dough on grill rack coated with cooking spray; grill 1 minute or until lightly browned. Turn crust over. Rub with garlic; sprinkle with tomato and cheeses. Close grill lid; grill 3 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:0.53, Inflammation Score:-4, Nutrition Score:4.5804347395897%

Flavonoids

Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 231.08kcal (11.55%), Fat: 6.61g (10.17%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 31.81g (11.57%), Sugar: 5.52g (6.14%), Cholesterol: 12.57mg (4.19%), Sodium: 584.53mg (25.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.77%), Iron: 2.19mg (12.15%), Vitamin A: 585.51IU (11.71%), Calcium: 99.37mg (9.94%), Phosphorus: 92.14mg (9.21%), Vitamin C: 6.63mg (8.04%), Copper: 0.14mg (6.77%), Fiber: 1.56g (6.22%), Vitamin B2: 0.09mg (5.41%), Vitamin B6: 0.09mg (4.3%), Vitamin K: 4.15µg (3.95%), Manganese: 0.08mg (3.87%), Potassium: 125.61mg (3.59%), Zinc: 0.48mg (3.18%), Selenium: 1.83µg (2.61%), Magnesium: 9.76mg (2.44%), Folate: 9.65µg (2.41%), Vitamin B1: 0.03mg (2.01%), Vitamin E: 0.29mg (1.96%), Vitamin B3: 0.35mg (1.78%), Vitamin B12: 0.1µg (1.74%), Vitamin B5: 0.15mg (1.49%)