



Grilled Italian Pesto Pizza

READY IN



25 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil whole
- ☐ 0.5 cup basil pesto
- ☐ 0.3 cup parmesan shredded
- ☐ 14 oz uncook pizza crust italian ready-to-serve
- ☐ 3 large plum tomatoes cut into 1/4-inch slices (Roma)
- ☐ 8 oz mozzarella cheese shredded

Equipment

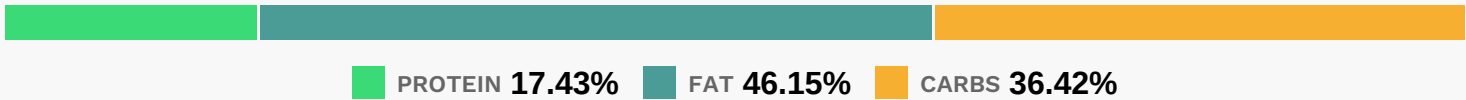
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Brush pesto over pizza crust.
- ☐ Sprinkle 1 cup of the mozzarella cheese over pesto. Arrange tomato slices and basil leaves on cheese.
- ☐ Sprinkle with remaining 1 cup mozzarella cheese and the Parmesan cheese.
- ☐ Place pizza on grill. Cover grill; cook over medium heat 6 to 8 minutes or until crust is crisp and cheese is melted. (If crust browns too quickly, place a piece of foil between crust and grill.)

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:11.337826101676%

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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 594.23kcal (29.71%), Fat: 30.37g (46.73%), Saturated Fat: 12.73g (79.58%), Carbohydrates: 53.91g (17.97%), Net Carbohydrates: 51.31g (18.66%), Sugar: 4.36g (4.84%), Cholesterol: 51.52mg (17.17%), Sodium: 1274.1mg (55.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.63%), Calcium: 510.39mg (51.04%), Vitamin A: 1602.65IU (32.05%), Phosphorus: 256.93mg (25.69%), Vitamin B12: 1.37µg (22.8%), Iron: 3.4mg (18.89%), Vitamin K: 17.53µg (16.7%), Selenium: 11.05µg (15.79%), Zinc: 1.93mg (12.87%), Vitamin B2: 0.19mg (11.31%), Fiber: 2.6g (10.4%), Vitamin C: 6.91mg (8.38%), Manganese: 0.11mg (5.29%), Magnesium: 21.12mg (5.28%), Potassium: 167.9mg (4.8%), Vitamin B6: 0.07mg (3.43%), Folate: 13.42µg (3.36%), Vitamin E: 0.4mg (2.64%), Vitamin B1: 0.04mg (2.51%), Copper: 0.05mg (2.36%), Vitamin B3: 0.38mg (1.9%), Vitamin D: 0.26µg (1.72%), Vitamin B5: 0.16mg (1.56%)