



Grilled Margherita Pizza

READY IN



25 min.

SERVINGS



9

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic finely chopped
- 1 teaspoon vegetable oil
- 1 teaspoon oregano dried
- 14 oz uncook pizza crust italian (12 inch)
- 1 medium roma tomatoes thinly sliced (plum)
- 2 tablespoons basil fresh coarsely chopped
- 4 oz pizza cheese shredded italian finely

Equipment

bowl

grill

Directions

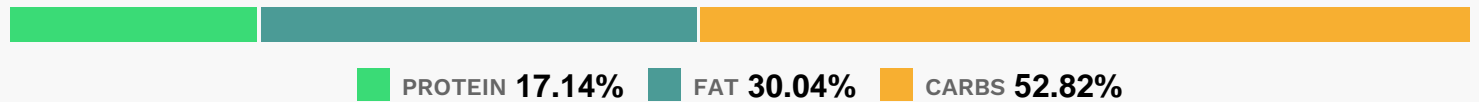
Heat coals or gas grill for direct heat. In small bowl, mix garlic, oil and oregano; brush over pizza crust. Top with tomato, basil and cheese.

Cover and grill over medium–low heat 7 to 9 minutes, moving pizza around grill every 2 minutes to prevent bottom from burning, until cheese is melted.

Cut pizza into 36 squares.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.4221739283075%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 168.06kcal (8.4%), Fat: 5.68g (8.74%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.61g (7.86%), Sugar: 0.86g (0.96%), Cholesterol: 2.52mg (0.84%), Sodium: 258.33mg (11.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.59%), Iron: 1.33mg (7.36%), Calcium: 71.52mg (7.15%), Vitamin K: 4.7µg (4.48%), Fiber: 0.86g (3.46%), Manganese: 0.04mg (1.76%), Vitamin A: 84.67IU (1.69%), Vitamin C: 1.24mg (1.5%)