



Grilled Pizza

READY IN



28 min.

SERVINGS



8

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings additional oil for grilling
- 0.3 cup oil
- 1 envelope fleischmann's® pizza crust yeast
- 8 servings pizza sauce
- 1.5 teaspoons salt
- 1 oz m zarella cheese shredded
- 1 tablespoon sugar
- 1.3 cups very warm water (120 degrees to 130 degrees F)

Equipment

- bowl
- baking sheet
- grill
- tongs

Directions

- Start charcoal fire or preheat gas grill to medium-high heat.
- Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic but not sticky, about 5 minutes.
- Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles; they do not need to be perfect.
- Brush both sides of crust with additional oil. Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill, grilled side up, to a platter or baking sheet.
- Lightly add sauce and top the grilled side of each pizza crust. Excess sauce or toppings makes the pizza hard to handle. Repeat with remaining pizzas.
- Carefully slide each pizza onto the grill. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted.
- Remove from grill and serve immediately.

Nutrition Facts

 **PROTEIN 3.47%** **FAT 84.28%** **CARBS 12.25%**

Properties

Glycemic Index:17.76, Glycemic Load:3.17, Inflammation Score:-5, Nutrition Score:7.196086956755%

Nutrients (% of daily need)

Calories: 256.24kcal (12.81%), Fat: 24.92g (38.33%), Saturated Fat: 2.45g (15.32%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.31g (2.29%), Sugar: 5.87g (6.52%), Cholesterol: 3.54mg (1.18%), Sodium: 1042.5mg (45.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin E: 5.87mg (39.16%), Vitamin K: 20.15µg (19.19%), Vitamin A: 565.93IU (11.32%), Potassium: 366.67mg (10.48%), Vitamin C: 8.57mg (10.39%), Copper: 0.15mg (7.44%), Fiber: 1.84g (7.36%), Manganese: 0.13mg (6.63%), Iron: 1.19mg (6.61%), Vitamin B6: 0.12mg (6.12%), Vitamin B3: 1.22mg (6.08%), Vitamin B2: 0.1mg (5.62%), Phosphorus: 49.31mg (4.93%), Magnesium: 19.74mg (4.93%), Calcium: 43.79mg (4.38%), Vitamin B5: 0.39mg (3.93%), Folate: 11.77µg (2.94%), Zinc: 0.4mg (2.7%), Selenium: 1.75µg (2.5%), Vitamin B1: 0.03mg (2.03%)