



HEALTH SCORE

56%

Grilled Pizza with Smoked Tofu and Roasted Red Peppers



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes undrained chopped canned
- ☐ 2.3 teaspoons yeast dry
- ☐ 2.8 cups flour all-purpose divided
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 2 bell pepper red

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 6 ounces mozzarella fresh shredded
- ☐ 1 teaspoon sugar
- ☐ 6 ounces spicy tofu smoked shredded
- ☐ 1 cup water (100° to 110°)

Equipment

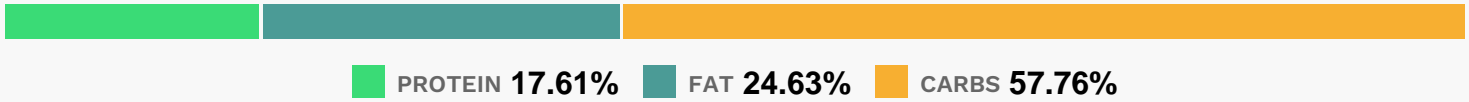
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ To prepare dough, dissolve sugar and yeast in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 1/2 cups flour, 1 tablespoon oil, and 1 teaspoon salt; stir well to form a stiff dough. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes); add enough of the remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (the dough will feel tacky.)
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 45 minutes or until dough is doubled in size. (Gently press two fingers into dough. If indentation remains, the dough has risen enough.)
- ☐ To prepare sauce, heat 1 tablespoon olive oil in a medium nonstick skillet over medium-high heat.
- ☐ Add garlic, and saut 1 minute.

- ☐ Add tomatoes; bring to a boil. Reduce heat; simmer 30 minutes or until sauce is thick. Stir in 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Punch the dough down. Cover and let rest 5 minutes. Divide dough into 6 equal portions; working with 1 portion at a time; shape each into a ball (cover remaining dough to prevent drying.)
- ☐ Roll each ball into a 6-inch circle.
- ☐ Place on baking sheets coated with cooking spray. Lightly coat dough with cooking spray; cover with plastic wrap.
- ☐ Let rest 15 minutes.
- ☐ Prepare Grill.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides down, on grill rack coated with cooking spray; grill 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut into strips.
- ☐ Place dough rounds on grill rack coated with cooking spray; grill 2 minutes or until lightly browned. Turn dough over.
- ☐ Spread 1/3 cup tomato sauce over each dough round, leaving a 1/2-inch border.
- ☐ Sprinkle 1/3 cup tofu and 1/4 cup cheese evenly over each pizza. Divide pepper strips evenly among pizzas. Close grill lid; grill 2 minutes or until cheese melts.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.18, Glycemic Load:35.59, Inflammation Score:-9, Nutrition Score:24.116087032401%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 397.99kcal (19.9%), Fat: 11.06g (17.02%), Saturated Fat: 4.37g (27.32%), Carbohydrates: 58.39g (19.46%), Net Carbohydrates: 52.93g (19.25%), Sugar: 8.69g (9.66%), Cholesterol: 22.4mg (7.47%), Sodium: 843.45mg (36.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.6%), Vitamin C: 63.1mg (76.49%), Vitamin B1: 0.71mg (47.22%), Folate: 169.6µg (42.4%), Selenium: 25.25µg (36.07%), Manganese: 0.71mg (35.48%), Vitamin A: 1718.55IU (34.37%), Vitamin B2: 0.51mg (30.19%), Vitamin B3: 5.89mg (29.45%), Iron: 5.07mg (28.18%), Calcium: 238.09mg (23.81%), Phosphorus: 223.21mg (22.32%), Fiber: 5.47g (21.86%), Vitamin B6: 0.37mg (18.68%), Vitamin E: 2.71mg (18.04%), Copper: 0.35mg (17.44%), Potassium: 568.57mg (16.24%), Magnesium: 50.8mg (12.7%), Zinc: 1.79mg (11.93%), Vitamin K: 11.33µg (10.79%), Vitamin B12: 0.65µg (10.79%), Vitamin B5: 0.95mg (9.46%)