



Grilled Pizzas

READY IN



80 min.

SERVINGS



6

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry
- 28 ounce canned tomatoes whole canned
- 5 cups flour all-purpose
- 1 bunch basil fresh
- 1 pound mozzarella cheese fresh
- 6 cloves garlic thinly sliced
- 6 servings kosher salt
- 6 servings kosher salt and pepper freshly ground
- 2 tablespoons olive oil extra-virgin plus more for the bowl

- 3 tablespoons olive oil extra-virgin plus more for brushing
- 0.5 cup parmesan cheese shredded
- 1 pinch pepper flakes red
- 1 tablespoon sugar

Equipment

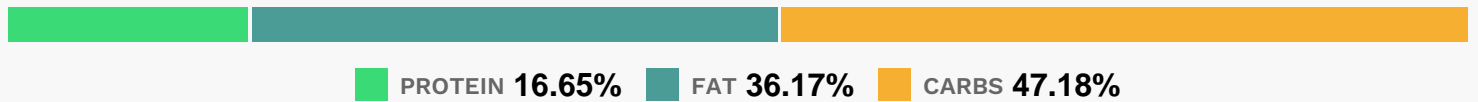
- bowl
- baking sheet
- whisk
- pot
- plastic wrap
- grill
- stand mixer
- cutting board

Directions

- Make the dough: Put 1 1/2 cups warm water (110 degrees F to 115 degrees F) in the bowl of a stand mixer fitted with the dough hook attachment.
- Sprinkle the yeast over the water and let stand until foamy, about 10 minutes.
- Whisk the flour, sugar and 1 teaspoon salt in a separate bowl, then add to the yeast mixture along with 2 tablespoons olive oil.
- Mix on low speed until the dough starts to come together, about 1 minute. Increase the speed to medium low and mix until the dough starts to look smooth, about 1 minute. Increase the speed to medium and mix until the dough is smooth and elastic, 4 to 6 more minutes (it should stretch 3 inches without breaking).
- Transfer to an oiled bowl and cover with a damp towel or plastic wrap.
- Let rise in the refrigerator overnight.
- Lightly press down on the dough, then divide into 6 balls. Put on a baking sheet, cover and refrigerate until ready to grill.
- Heat the olive oil in a pot over medium-low heat.

- Add the garlic and red pepper flakes and cook 3 to 5 minutes. Crush the tomatoes into the pot with your hands; add the juices. Rinse the can with 1 cup water and add to the pot.
- Add a handful of basil and season with salt and pepper. Increase the heat to medium and simmer until thickened, 20 to 25 minutes. Cool slightly.
- Preheat one side of a grill to high and the other to medium.
- Brush 2 baking sheets with olive oil; stretch each dough ball into a thin oval (about 8 by 11 inches) on the sheets.
- Brush the tops of the dough with more oil.
- Working in batches, grill the dough over high heat until bubbly on top and marked on the bottom, 3 to 4 minutes. Flip the dough onto the cooler side of the grill. Quickly top each crust with tomato sauce and mozzarella and cover until the cheese melts, about 2 minutes.
- Transfer the pizzas to a cutting board; sprinkle with the Parmesan and remaining basil.

Nutrition Facts



Properties

Glycemic Index:56.18, Glycemic Load:62.42, Inflammation Score:-8, Nutrition Score:32.147391153418%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 800.46kcal (40.02%), Fat: 32.23g (49.58%), Saturated Fat: 13.15g (82.19%), Carbohydrates: 94.57g (31.52%), Net Carbohydrates: 88.84g (32.31%), Sugar: 8.98g (9.98%), Cholesterol: 65.39mg (21.8%), Sodium: 1173.49mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.38g (66.76%), Selenium: 51.37µg (73.39%), Vitamin B1: 1.08mg (71.95%), Folate: 242.34µg (60.59%), Calcium: 549.62mg (54.96%), Manganese: 1.05mg (52.37%), Vitamin B2: 0.88mg (51.59%), Phosphorus: 493.2mg (49.32%), Vitamin B3: 8.38mg (41.89%), Iron: 7.15mg (39.7%), Vitamin B12: 1.82µg (30.41%), Zinc: 3.66mg (24.43%), Vitamin E: 3.58mg (23.85%), Fiber: 5.73g (22.94%), Copper: 0.42mg (21.15%), Vitamin K: 21.83µg (20.79%), Vitamin A: 936.12IU (18.72%), Magnesium: 70.44mg (17.61%), Potassium: 592.02mg (16.91%), Vitamin B6: 0.34mg (16.86%), Vitamin C: 13.35mg (16.18%), Vitamin B5: 1.15mg (11.49%), Vitamin D: 0.34µg (2.29%)