



Grilled Salad Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 4 ounces arugula trimmed coarsely chopped
- ☐ 2 teaspoons balsamic vinegar
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2.3 teaspoons yeast dry
- ☐ 1.7 cups flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 3.5 teaspoons olive oil divided

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 ounce parmesan cheese fresh divided grated
- ☐ 2 ounces part-skim mozzarella cheese shredded divided
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1.5 cups tomatoes seeded chopped
- ☐ 0.7 cup warm water (100° to 110°)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup
- ☐ slotted spoon
- ☐ grill pan

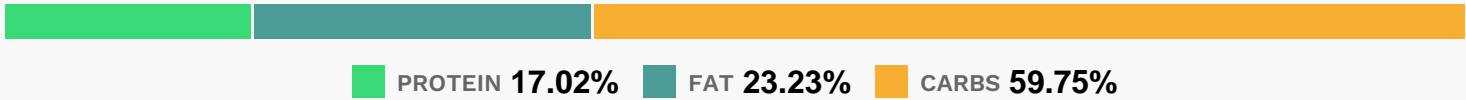
Directions

- ☐ Dissolve yeast in warm water in a large bowl; let stand for 5 minutes. Stir in 1 1/2 teaspoons oil. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, salt, oregano, and thyme.
- ☐ Add to yeast mixture; stir well. Turn dough out onto a lightly floured surface. Knead until smooth and elastic (about 10 minutes).
- ☐ 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 doubled in size. (Press two fingers into the dough. If indentation remains, the dough has risen enough.) Punch dough down; cover and let rest 5 minutes. Divide in half.
- ☐ Roll each half into a 9-inch circle on a floured surface.
- ☐ Heat a grill pan coated with cooking spray over medium heat.
- ☐ Place one dough portion on pan; cook 10 minutes. Turn dough over; sprinkle with 1/4 cup mozzarella and 2 tablespoons Parmesan. Cook 10 minutes; remove from pan. Repeat

procedure with remaining dough and cheeses.

- ☐ Combine 2 teaspoons oil, arugula, and remaining ingredients in a medium bowl. Spoon 2 cups salad onto each pizza crust using a slotted spoon.
- ☐ Cut each pizza into 4 wedges.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:99.77, Glycemic Load:30.5, Inflammation Score:-9, Nutrition Score:18.603478265845%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg, Kaempferol: 9.94mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 338.42kcal (16.92%), Fat: 8.62g (13.26%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 45.13g (16.41%), Sugar: 4.59g (5.1%), Cholesterol: 13.89mg (4.63%), Sodium: 894.12mg (38.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.43%), Vitamin K: 46.81µg (44.58%), Folate: 175.83µg (43.96%), Vitamin B1: 0.64mg (42.98%), Selenium: 22.18µg (31.68%), Manganese: 0.56mg (28.23%), Vitamin A: 1348.79IU (26.98%), Calcium: 265.14mg (26.51%), Vitamin B2: 0.43mg (25.46%), Phosphorus: 214.2mg (21.42%), Vitamin B3: 4.27mg (21.35%), Fiber: 4.76g (19.05%), Iron: 3.4mg (18.87%), Vitamin C: 12.23mg (14.82%), Magnesium: 41.63mg (10.41%), Potassium: 341.71mg (9.76%), Zinc: 1.36mg (9.06%), Copper: 0.16mg (7.97%), Vitamin E: 1.06mg (7.09%), Vitamin B5: 0.69mg (6.92%), Vitamin B6: 0.14mg (6.88%), Vitamin B12: 0.2µg (3.38%)