



Grilled Shrimp and Cilantro Pesto Pizza

READY IN



102 min.

SERVINGS



4

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry ()
- 4 servings cilantro leaves for garnish
- 0.8 cup cilantro leaves fresh
- 2 garlic cloves coarsely chopped
- 2 cups monterrey jack cheese grated
- 0.5 cup olive oil
- 3 teaspoons olive oil divided plus more for brushing dough
- 4 servings olive oil
- 0.3 cup parmesan grated

- 0.3 cup parsley leaves
- 2 tablespoons pinenuts
- 1.5 teaspoons salt
- 4 servings salt and pepper black freshly ground
- 16 large shrimp deveined peeled
- 1.8 cups unbleached flour plus additional all-purpose for kneading and dredging
- 0.8 cup warm water (105 to 115 degrees F)

Equipment

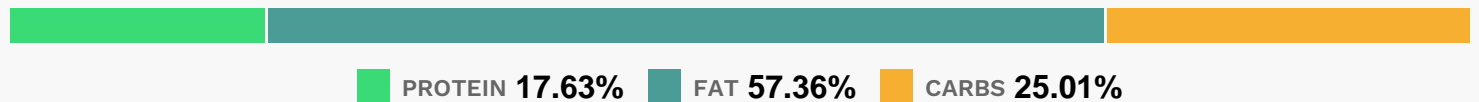
- food processor
- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- In a small bowl, whisk together the yeast and 1/4 cup of the warm water.
- Let sit for 5 minutes to proof.
- Place 1 3/4 cups of the flour in large bowl with the salt.
- Add the yeast mixture, the remaining water, and 2 teaspoons oil, and stir until combined.
- Transfer the dough to a floured surface and knead until smooth. Grease a large bowl with the remaining 1 teaspoon oil, add the dough and turn to coat. Cover and put in a warm place until doubled in volume, about 1 to 1 1/2 hours.
- Preheat the grill to medium-high. Once the dough has risen, divide it in half, and set aside half for another use or for the Red Chile-White Anchovy Caesar Salad Pizza. Then divide the half into 4 balls.
- Roll each ball into 8-inch circles.
- Brush each circle with oil and grill on both sides until golden brown.
- Add 1/2 cup grated cheese to each pizza and grill until the cheese is just melted.

- Remove from the grill and spread a few tablespoons of the cilantro pesto over each pizza. Top each pizza with 4 shrimp and sprinkle with cilantro leaves.
- Put all ingredients in the work bowl of a food processor. Process until smooth. Season with salt and pepper to taste,;
- Preheat the grill to high. In a large bowl, toss the shrimp with enough olive oil to coat, and season with salt and pepper. Grill for 1 to 2 minutes per side or until just cooked through.
- Remove from grill and keep warm until ready to use.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:30.55, Inflammation Score:-8, Nutrition Score:25.670000045196%

Flavonoids

Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 710.28kcal (35.51%), Fat: 45.49g (69.98%), Saturated Fat: 15.3g (95.65%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 42.21g (15.35%), Sugar: 0.73g (0.82%), Cholesterol: 118.93mg (39.65%), Sodium: 1367.34mg (59.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.45g (62.9%), Vitamin K: 89.17µg (84.92%), Calcium: 543.13mg (54.31%), Phosphorus: 485.05mg (48.51%), Manganese: 0.9mg (44.93%), Vitamin B1: 0.66mg (44.11%), Selenium: 28.56µg (40.81%), Folate: 161.53µg (40.38%), Vitamin B2: 0.6mg (35.53%), Vitamin E: 3.99mg (26.62%), Zinc: 3.33mg (22.2%), Iron: 3.97mg (22.08%), Vitamin B3: 4.33mg (21.63%), Vitamin A: 1010.52IU (20.21%), Copper: 0.36mg (17.76%), Magnesium: 61.24mg (15.31%), Fiber: 2.41g (9.62%), Vitamin B12: 0.55µg (9.09%), Potassium: 307.08mg (8.77%), Vitamin C: 6.34mg (7.68%), Vitamin B5: 0.68mg (6.84%), Vitamin B6: 0.13mg (6.63%), Vitamin D: 0.37µg (2.47%)