



Grilled Shrimp and Cilantro Pesto Pizza

READY IN



135 min.

SERVINGS



4

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 ounce active yeast dry ()
- 8 ounces buffalo mozzarella cheese thinly sliced
- 0.8 cup cilantro leaves fresh
- 4 servings cilantro leaves fresh for garnish
- 0.3 cup parsley leaves fresh
- 2 garlic cloves coarsely chopped
- 0.5 cup olive oil
- 2 teaspoons olive oil for greasing the bowl
- 4 servings olive oil

- 0.3 cup parmesan grated
- 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 all-purpose for kneading and dredging
- 0.8 cup warm water (105 to 115 degrees F)

Equipment

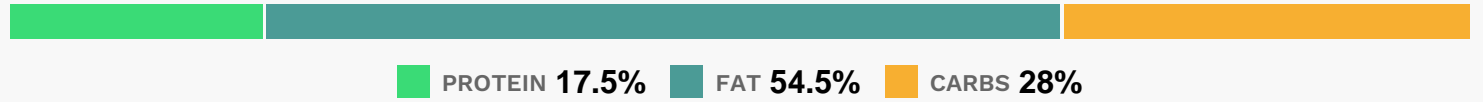
- food processor
- bowl
- whisk
- grill

Directions

- Watch how to make this recipe.
- Whisk together the yeast and 1/4 cup of the water in a small bowl and let sit for 5 minutes to proof.
- Place 1 3/4 cups of the flour in a large bowl with the salt.
- Add the yeast mixture, the remaining water, and 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 of oil, add the dough, and turn to coat. Cover and place in a warm place until doubled in volume, about 1 to 1 1/2 hours.
- Preheat the grill to high. Once the dough has risen, divide it in half. Divide each half into 2 balls.
- Roll each ball into an 8-inch circle.
- Brush with oil and grill on both sides until golden brown.
- Spread a few tablespoons of the Cilantro Pesto over each pizza, top with a few slices of buffalo mozzarella, and then top with 4 shrimp and cilantro leaves.
- Place the pizza on the grill until the cheese melts.

- Serve hot.
- Combine all ingredients in a food processor and process until smooth. Season with salt and pepper, to taste.;
- Preheat the grill to medium-high.
- Brush each shrimp with oil and season with salt and pepper. Grill for 1 to 2 minutes per side or until just cooked through (shrimp will be opaque and turn pink).

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:30.44, Inflammation Score:-9, Nutrition Score:24.903478226584%

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, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 646.05kcal (32.3%), Fat: 39.3g (60.45%), Saturated Fat: 11.79g (73.69%), Carbohydrates: 45.42g (15.14%), Net Carbohydrates: 43.01g (15.64%), Sugar: 0.96g (1.06%), Cholesterol: 111.74mg (37.25%), Sodium: 1260.22mg (54.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.77%), Calcium: 1386.02mg (138.6%), Vitamin K: 87.15µg (83%), Vitamin A: 2248.65IU (44.97%), Manganese: 0.89mg (44.62%), Vitamin B1: 0.65mg (43.55%), Folate: 151.36µg (37.84%), Selenium: 20.37µg (29.1%), Vitamin E: 3.7mg (24.68%), Phosphorus: 234.19mg (23.42%), Vitamin B2: 0.38mg (22.57%), Vitamin B3: 4.27mg (21.36%), Iron: 3.79mg (21.05%), Copper: 0.34mg (16.85%), Magnesium: 45.98mg (11.5%), Zinc: 1.63mg (10.9%), Fiber: 2.41g (9.62%), Potassium: 298.72mg (8.53%), Vitamin C: 6.34mg (7.68%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.09mg (4.4%), Vitamin B12: 0.08µg (1.27%)