



Grilled Shrimp Pizza

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 teaspoons active yeast dry
- ☐ 10 ounces flour all-purpose divided
- ☐ 0.5 cup cilantro leaves fresh divided
- ☐ 6 tablespoons salsa green divided
- ☐ 6 tablespoons cornmeal yellow stone-ground divided
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons olive oil divided
- ☐ 8 ounces part-skim mozzarella cheese shredded
- ☐ 8 ounces queso fresco crumbled

- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 cup warm water (100° to 110°)

Equipment

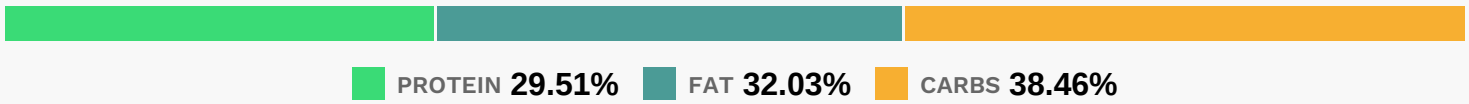
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ spatula
- ☐ skewers
- ☐ measuring cup
- ☐ wooden skewers

Directions

- ☐ To prepare dough, dissolve honey and yeast in 1 cup warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Add 2 cups flour, 2 tablespoons cornmeal, and 1/2 teaspoon salt to yeast mixture; stir until a soft dough forms. Turn dough out onto a floured surface. Knead until smooth and elastic (about 6 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel slightly sticky).
- ☐ 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. (Gently press two fingers into dough. If indentation remains, dough has risen enough.)
- ☐ Divide dough into 2 equal portions. Working with one portion at a time (cover remaining dough), roll each into a 10-inch circle on a floured surface.
- ☐ Place dough on 2 rimless baking sheets, each sprinkled with 2 tablespoons cornmeal.
- ☐ Brush each portion with 1 teaspoon oil; coat lightly with cooking spray. Cover with plastic wrap; chill.

- ☐ Prepare grill.
- ☐ Thread 6 shrimp onto each of 6 (12-inch) wooden skewers.
- ☐ Sprinkle shrimp with 1/8 teaspoon salt.
- ☐ Place skewers on grill rack coated with cooking spray, and grill for 2 minutes on each side or until shrimp are done. Cool slightly, and coarsely chop.
- ☐ Combine cheeses.
- ☐ Remove plastic wrap from 1 dough portion; discard plastic. Slide dough onto grill rack coated with cooking spray, using a spatula as a guide. Grill 3 minutes or until lightly browned; turn.
- ☐ Spread 3 tablespoons salsa over crust, leaving a 1/4-inch border. Top with half of the shrimp and 2 cups cheese mixture. Grill an additional 3 minutes or until crust is golden brown and cheese melts.
- ☐ Remove and keep warm. Repeat procedure with remaining dough, salsa, shrimp, and cheese mixture.
- ☐ Sprinkle each pizza with 1/4 cup cilantro.
- ☐ Cut each pizza into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:31.44, Inflammation Score:-7, Nutrition Score:19.733043763949%

Flavonoids

Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 514.17kcal (25.71%), Fat: 18.13g (27.89%), Saturated Fat: 9.15g (57.18%), Carbohydrates: 48.97g (16.32%), Net Carbohydrates: 46.4g (16.87%), Sugar: 4.51g (5.02%), Cholesterol: 171.99mg (57.33%), Sodium: 969.74mg (42.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.58g (75.16%), Calcium: 568.34mg (56.83%), Phosphorus: 564.01mg (56.4%), Selenium: 29.48µg (42.11%), Vitamin B1: 0.55mg (36.85%), Folate: 124.09µg (31.02%), Vitamin B2: 0.47mg (27.79%), Zinc: 3.78mg (25.21%), Manganese: 0.43mg (21.61%), Copper: 0.43mg (21.26%), Vitamin B3: 3.57mg (17.87%), Iron: 3.11mg (17.29%), Magnesium: 66.74mg (16.69%), Vitamin B12: 0.95µg (15.76%), Vitamin A: 676.45IU (13.53%), Potassium: 414.69mg (11.85%), Fiber: 2.57g (10.29%), Vitamin B6: 0.16mg (7.75%), Vitamin D: 1.13µg (7.56%), Vitamin B5: 0.6mg (5.98%), Vitamin K: 6.09µg (5.8%), Vitamin E: 0.48mg (3.22%), Vitamin C: 0.98mg (1.19%)