



Grilled Tomato-Basil Pizzettes

READY IN



16 min.

SERVINGS



16

CALORIES



232 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup lightly basil leaves fresh packed thinly sliced
- 16 servings garnish: basil leaves fresh
- 16 servings pepper black freshly ground
- 2 cups heirloom cherry tomatoes red yellow halved sliced quartered
- 12 ounces mozzarella cheese fresh cut into pieces
- 3 garlic cloves minced
- 3 tablespoons olive oil
- 16 servings basic pizza dough
- 16 servings salt

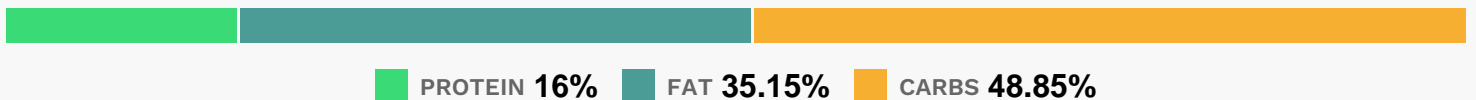
Equipment

- bowl
- baking sheet
- grill
- spatula

Directions

- Preheat grill to high heat (400 to 500).
- Combine garlic and oil in a small bowl; let stand 15 to 30 minutes.
- Divide dough into 8 portions. Press each portion to 1/4-inch thickness on lightly oiled baking sheets.
- Brush both sides of crusts lightly with half of garlic oil.
- Place dough pieces on hot grill rack, in batches if necessary; grill 2 minutes or until bottoms of crusts are marked and tops begin to puff.
- Remove crusts from grill, and place on baking sheets, grilled side up.
- Brush remaining garlic oil on crusts. Top with tomatoes, mozzarella, and basil; sprinkle with salt and pepper.
- Place pizzas on grill rack with a large spatula, close lid, and grill 1 to 2 minutes or until crusts are golden brown and cheese melts.
- Garnish, if desired.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:4.4756522049075%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 232.29kcal (11.61%), Fat: 9.19g (14.14%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 27.66g (10.06%), Sugar: 4.23g (4.7%), Cholesterol: 16.8mg (5.6%), Sodium: 741.54mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.83%), Vitamin K: 14.18µg (13.5%), Calcium: 115.9mg (11.59%), Iron: 1.88mg (10.46%), Phosphorus: 83.04mg (8.3%), Vitamin B12: 0.48µg (8.08%), Vitamin A: 380.47IU (7.61%), Vitamin C: 4.92mg (5.96%), Selenium: 3.8µg (5.43%), Zinc: 0.68mg (4.52%), Fiber: 1.07g (4.27%), Manganese: 0.08mg (4.01%), Vitamin B2: 0.07mg (3.95%), Vitamin E: 0.55mg (3.64%), Magnesium: 8.01mg (2%), Potassium: 68.53mg (1.96%), Vitamin B6: 0.03mg (1.71%), Copper: 0.03mg (1.5%), Folate: 5.81µg (1.45%), Vitamin B1: 0.02mg (1.02%)