



Grilled Tomato-Peach Pizza

READY IN



26 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 to 6 basil leaves fresh
- ☐ 16 oz mozzarella cheese fresh sliced
- ☐ 4 servings garnishes: coarsely ground pepper
- ☐ 1 large peaches peeled sliced
- ☐ 1 pound bakery pizza dough
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes sliced

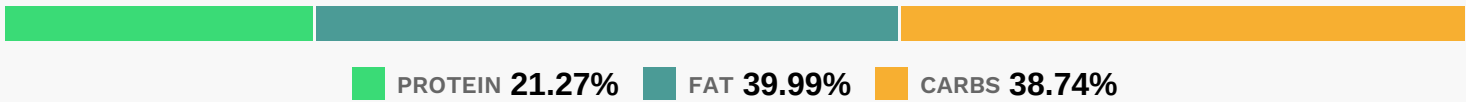
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ grill

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 (medium) heat.
- ☐ Sprinkle tomatoes with salt; let stand 15 minutes. Pat tomatoes dry with paper towels.
- ☐ Grill peach slices, covered with grill lid, 2 to 3 minutes on each side or until grill marks appear.
- ☐ Place dough on a large baking sheet coated with cooking spray; lightly coat dough with cooking spray.
- ☐ Roll dough to 1/4-inch thickness (about 14 inches in diameter). Slide pizza dough from baking sheet onto cooking grate.
- ☐ Grill, covered with grill lid, 2 to 3 minutes or until lightly browned. Turn dough over, and reduce temperature to 250 to 300 (low) heat; top with tomatoes, grilled peaches, and mozzarella. Grill, covered with grill lid, 5 minutes or until cheese melts. Arrange basil leaves over pizza.
- ☐ Serve immediately.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:51.81, Glycemic Load:2.83, Inflammation Score:-7, Nutrition Score:15.6999999923291%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 648.94kcal (32.45%), Fat: 29.11g (44.78%), Saturated Fat: 15.81g (98.84%), Carbohydrates: 63.46g (21.15%), Net Carbohydrates: 60.33g (21.94%), Sugar: 13.49g (14.99%), Cholesterol: 89.58mg (29.86%), Sodium: 1830.36mg (79.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.83g (69.67%), Calcium: 581.89mg (58.19%), Vitamin B12: 2.59µg (43.09%), Phosphorus: 426.2mg (42.62%), Selenium: 20.2µg (28.86%), Vitamin A: 1443.14IU (28.86%), Zinc: 3.52mg (23.48%), Iron: 3.9mg (21.67%), Vitamin B2: 0.35mg (20.39%), Fiber: 3.13g (12.51%), Vitamin C: 10.29mg (12.47%), Vitamin K: 10.6µg (10.1%), Magnesium: 33.38mg (8.34%), Potassium: 287.88mg (8.23%), Manganese: 0.15mg (7.45%), Vitamin E: 0.87mg (5.81%), Vitamin B6: 0.1mg (5.15%), Folate: 20.08µg (5.02%), Vitamin B1: 0.07mg (4.5%), Copper: 0.09mg (4.3%), Vitamin B3: 0.84mg (4.2%), Vitamin D: 0.45µg (3.02%), Vitamin B5: 0.28mg (2.84%)