



Grilled Vegan Pizza (cheese-free!)



Vegetarian



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp active yeast dry
- ☐ 0.3 cup basil leaves loosely packed
- ☐ 6 olives black
- ☐ 2 tbsp corn meal
- ☐ 1 cup tbsp. of flour
- ☐ 1 tsp oil for oiling the dough
- ☐ 1 tsp olive oil
- ☐ 0.1 tsp salt

- ☐ 0.5 cup gimmelean soy sausage
- ☐ 0.5 tsp sugar
- ☐ 1 cup tomato sauce thick
- ☐ 0.5 cup warm water

Equipment

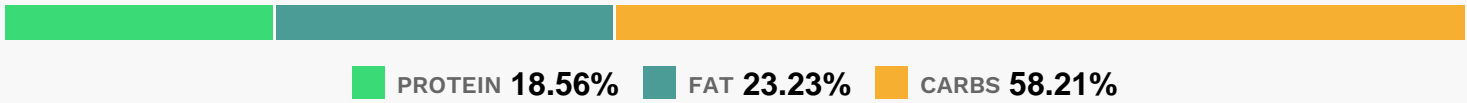
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ grill
- ☐ pie form

Directions

- ☐ Mix the yeast and sugar into the warm water, checking to see if the yeast is active (it will be frothy.)
- ☐ Combine the corn meal, flour, and salt in a large mixing bowl.
- ☐ Pour the water/yeast solution and the oil into the dry mix and gently work everything together until it is all combined. Knead the dough until it is silky smooth and no longer clings to your hands.
- ☐ Roll it into a ball, lightly oil it, and place it in a large mixing bowl. Cover the bowl and allow the dough to rise for 1 hour. While it is rising, break up the soy sausage. Sauté it in 1 tsp. of olive oil over a medium heat until it browns. Set it aside. Once the dough has risen, punch it down and roll it into a ball. Lightly flour a flat surface.
- ☐ Roll the dough out into a ½" disc.
- ☐ Lay the dough in a deep dish iron skillet, circular baking pan, or pie dish.
- ☐ Roll the edge over to make the outer part thicker than the inner part.
- ☐ Bake it on 350 degrees for 10 minutes.
- ☐ Remove it from the oven and transfer it to a cookie sheet.

Spread the tomato sauce on top, followed by the soy sausage, basil, and olives. Light the grill and allow the flames to die down. Grill the pizza until the crust is crispy.

Nutrition Facts



Properties

Glycemic Index:82.15, Glycemic Load:20.85, Inflammation Score:-5, Nutrition Score:22.974347829819%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 233.72kcal (11.69%), Fat: 6g (9.24%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 29.87g (10.86%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 656.55mg (28.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.59%), Vitamin B6: 16.56mg (828.1%), Vitamin B12: 32.86µg (547.61%), Vitamin B2: 6.8mg (399.82%), Iron: 8.85mg (49.19%), Vitamin B1: 0.36mg (24.16%), Folate: 83.8µg (20.95%), Manganese: 0.33mg (16.53%), Selenium: 11.38µg (16.26%), Fiber: 3.96g (15.86%), Vitamin B3: 2.92mg (14.58%), Vitamin E: 1.52mg (10.12%), Vitamin K: 9.61µg (9.15%), Potassium: 278.72mg (7.96%), Copper: 0.15mg (7.44%), Vitamin A: 367.92IU (7.36%), Phosphorus: 67.57mg (6.76%), Magnesium: 23.75mg (5.94%), Vitamin C: 4.56mg (5.53%), Vitamin B5: 0.47mg (4.65%), Zinc: 0.59mg (3.92%), Calcium: 20.52mg (2.05%)