



Grilled Vegetable and Fontina Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup fontina shredded
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 teaspoons olive oil extra-virgin
- ☐ 2 portobello mushroom caps
- ☐ 1 large bell pepper red cut into 1/2-inch strips

- ☐ 1 onion red cut into 1/2-inch wedges (root end intact)
- ☐ 8 ounces pizza dough fresh refrigerated
- ☐ 1 medium zucchini

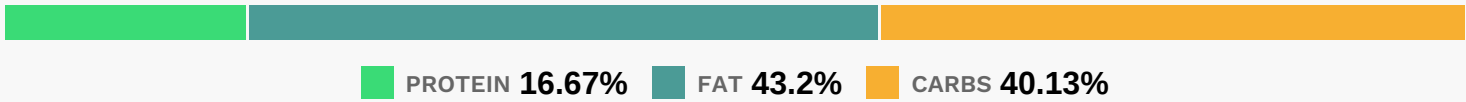
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to high heat.
- ☐ Remove brown gills from undersides of mushrooms with a spoon; discard.
- ☐ Combine mushrooms, garlic, bell pepper, zucchini, onion, and oil in a bowl; toss to coat.
- ☐ Sprinkle with salt and pepper. Arrange vegetables on grill rack coated with cooking spray; grill 8 minutes or just until tender. Slice mushrooms.
- ☐ Roll dough into a 12-inch oval on a lightly floured surface.
- ☐ Place dough on grill rack; grill 2 minutes on each side or until lightly browned.
- ☐ Sprinkle cheese over dough, leaving a 1/2-inch border around edges. Arrange vegetable mixture over cheese. Grill pizza 3 minutes or until cheese melts.
- ☐ Sprinkle pizza with basil leaves and red pepper; cut into 8 slices.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:1.59, Inflammation Score:-9, Nutrition Score:15.759130488271%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 355.62kcal (17.78%), Fat: 17.53g (26.98%), Saturated Fat: 7.57g (47.34%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 33.25g (12.09%), Sugar: 9.23g (10.26%), Cholesterol: 38.28mg (12.76%), Sodium: 834.34mg (36.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Vitamin C: 64.18mg (77.8%), Vitamin A: 1837.66IU (36.75%), Calcium: 207.59mg (20.76%), Phosphorus: 201.64mg (20.16%), Selenium: 13.22µg (18.88%), Vitamin B6: 0.35mg (17.72%), Vitamin K: 14.82µg (14.12%), Manganese: 0.27mg (13.65%), Fiber: 3.4g (13.6%), Vitamin B3: 2.65mg (13.25%), Iron: 2.32mg (12.88%), Potassium: 447.61mg (12.79%), Vitamin B2: 0.22mg (12.72%), Folate: 50.76µg (12.69%), Zinc: 1.73mg (11.54%), Vitamin E: 1.64mg (10.93%), Vitamin B12: 0.58µg (9.59%), Copper: 0.19mg (9.4%), Vitamin B5: 0.9mg (9.03%), Vitamin B1: 0.09mg (6.25%), Magnesium: 23.16mg (5.79%), Vitamin D: 0.32µg (2.16%)