



Grilled Vegetable Pizza with Feta and Spinach

READY IN



45 min.

SERVINGS



6

CALORIES



2174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 tablespoons balsamic vinegar
- ☐ 1.3 pound eggplant
- ☐ 4 ounces feta cheese with basil and tomato crumbled
- ☐ 1 garlic clove crushed
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons teaspoon oregano dried fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 20 inch quick-and-easy pizza crusts

- ☐ 2 cups plum tomatoes chopped (8 tomatoes)
- ☐ 0.3 teaspoon salt
- ☐ 2 cups spinach leaves thinly sliced

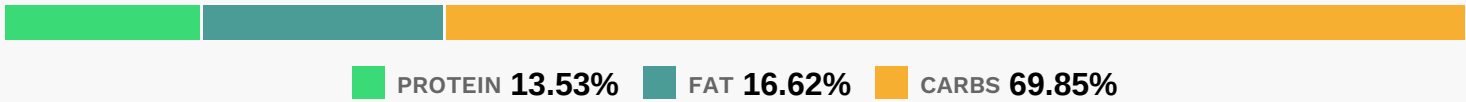
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine 3 tablespoons vinegar and garlic in a small bowl; brush over both sides of eggplant slices.
- ☐ Sprinkle both sides of eggplant with pepper and salt.
- ☐ Place eggplant on grill rack coated with cooking spray; grill 2 minutes per side or until tender.
- ☐ Remove from grill; set aside.
- ☐ Place 1 crust on grill rack coated with cooking spray; grill 3 minutes or until puffy and golden. Turn crust, grill-mark side up; brush with 1 teaspoon oil. Arrange half of eggplant slices over crust, overlapping slightly. Top with half of tomato, cheese, and oregano. Cover and grill 3 to 4 minutes or until thoroughly heated; remove from heat.
- ☐ Combine spinach and 2 tablespoons vinegar in a small bowl. Top pizza with half of spinach mixture. Repeat with remaining crust and toppings.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:3.09, Inflammation Score:-9, Nutrition Score:22.970000101172%

Flavonoids

Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg, Delphinidin: 80.98mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 2173.79kcal (108.69%), Fat: 40.04g (61.61%), Saturated Fat: 19.89g (124.3%), Carbohydrates: 378.63g (126.21%), Net Carbohydrates: 362.49g (131.81%), Sugar: 18.89g (20.99%), Cholesterol: 16.82mg (5.61%), Sodium: 4324.64mg (188.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.33g (146.66%), Iron: 22.06mg (122.54%), Calcium: 836.18mg (83.62%), Vitamin K: 69.62µg (66.31%), Fiber: 16.14g (64.55%), Vitamin A: 1725.42IU (34.51%), Manganese: 0.53mg (26.73%), Vitamin C: 15.89mg (19.26%), Folate: 62.06µg (15.52%), Potassium: 511.01mg (14.6%), Vitamin B2: 0.24mg (14%), Vitamin B6: 0.27mg (13.31%), Phosphorus: 116.23mg (11.62%), Magnesium: 39.91mg (9.98%), Vitamin E: 1.44mg (9.63%), Copper: 0.16mg (8%), Vitamin B1: 0.11mg (7.14%), Vitamin B3: 1.42mg (7.12%), Zinc: 0.95mg (6.31%), Vitamin B5: 0.55mg (5.46%), Vitamin B12: 0.32µg (5.32%), Selenium: 3.37µg (4.82%)