



food
network

Grilled White Pizza

READY IN



20 min.

SERVINGS



2

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings basil leaves fresh for garnish
- 2 tablespoons olive oil extra-virgin plus more for drizzling
- 1 tablespoon oregano leaves fresh finely chopped
- 1 cup parmesan grated
- 8 ounce pizza dough fresh frozen bought prepared (from pizzeria or from market)
- 0.3 teaspoon pepper flakes red to taste
- 2 servings salt and pepper freshly ground

Equipment

grill

Directions

Heat grill to high.

Roll the dough into 2 (10-inch circles).

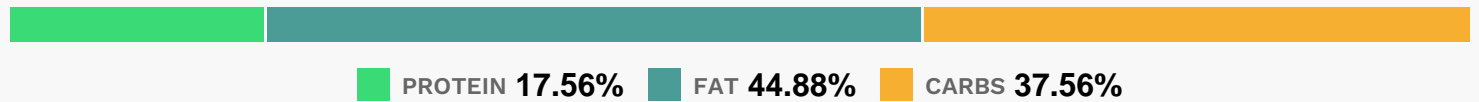
Brush with olive oil and season with salt and pepper.

Transfer dough to grill. When bottom side is mostly cooked through, brush with 2 tablespoons olive oil and sprinkle evenly with grated cheese, red pepper flakes, oregano, and salt and pepper.

Let cook until dough is cooked through and slightly charred.

Remove from grill, garnish with fresh basil, and cut into pieces.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.48, Inflammation Score:-9, Nutrition Score:12.163043395333%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 606.51kcal (30.33%), Fat: 30.59g (47.06%), Saturated Fat: 11.06g (69.1%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 54.72g (19.9%), Sugar: 7.56g (8.4%), Cholesterol: 34mg (11.33%), Sodium: 1819.74mg (79.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.93g (53.86%), Calcium: 636.55mg (63.65%), Phosphorus: 352.57mg (35.26%), Vitamin K: 33.38µg (31.8%), Iron: 4.58mg (25.44%), Vitamin E: 2.69mg (17.96%), Selenium: 11.42µg (16.31%), Vitamin A: 612.65IU (12.25%), Fiber: 2.88g (11.53%), Vitamin B2: 0.18mg (10.77%), Vitamin B12: 0.6µg (10%), Zinc: 1.47mg (9.8%), Manganese: 0.16mg (8.12%), Magnesium: 30.41mg (7.6%), Vitamin B6: 0.08mg (4%), Folate: 10.85µg (2.71%), Vitamin B5: 0.26mg (2.56%), Potassium: 88.46mg (2.53%), Copper: 0.04mg (2.11%), Vitamin B1: 0.03mg (1.68%), Vitamin D: 0.25µg (1.67%), Vitamin B3: 0.3mg (1.49%)