



Grilled Zucchini Pizza

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large garlic clove
- ☐ 2.5 cups mozzarella cheese grated
- ☐ 2 tablespoons olive oil extra-virgin (preferably)
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 lb pizza dough frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 1 lb zucchini (2 large)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ spatula
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

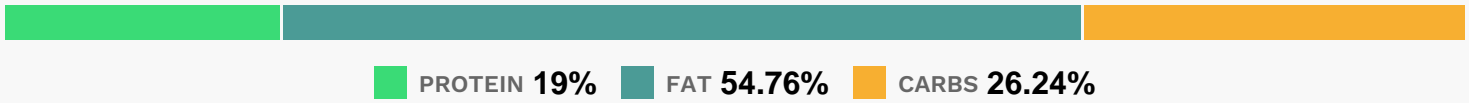
Directions

- ☐ Prepare gas grill for cooking over moderate heat. Preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- ☐ Meanwhile, mince garlic with a large heavy knife, then mash to a paste with a pinch of salt using flat side of knife.
- ☐ Transfer to a small bowl and stir in 1 teaspoon olive oil.
- ☐ Stretch dough with your fingers into a 12- by 10-inch rectangle on a large baking sheet and rub with 1 teaspoon olive oil. Cover dough with plastic wrap.
- ☐ Toss zucchini with salt (1/4 teaspoon) and 1 tablespoon olive oil in a bowl. Grill zucchini on lightly oiled grill rack, covered, turning occasionally, until just tender, 4 to 5 minutes total. Return to bowl.
- ☐ Bring dough, garlic oil, and cheese to grill area. Grill dough, oiled side down, on lightly oiled grill rack, covered, until underside is golden brown, 2 to 4 minutes.
- ☐ Turn crust over using tongs and brush with garlic oil.
- ☐ Sprinkle with half of cheese, then arrange zucchini, overlapping slightly, in 1 layer on cheese.
- ☐ Sprinkle remaining cheese on top and grill pizza, covered, until underside is golden brown and cheese is melted, 3 to 5 minutes.
- ☐ Transfer pizza with tongs and a spatula to a cutting board, then sprinkle with oregano and drizzle with remaining teaspoon olive oil.

☐

If you aren't able to grill outdoors, pizza can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat, loosely covered with foil after sprinkling with cheese.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.88, Inflammation Score:-10, Nutrition Score:25.115652441978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 602.81kcal (30.14%), Fat: 37.04g (56.99%), Saturated Fat: 15.15g (94.7%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 35.23g (12.81%), Sugar: 7.71g (8.57%), Cholesterol: 71.18mg (23.73%), Sodium: 1101.1mg (47.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.91g (57.82%), Calcium: 616.07mg (61.61%), Selenium: 36.73µg (52.47%), Phosphorus: 498.72mg (49.87%), Vitamin B12: 2.48µg (41.34%), Vitamin B2: 0.61mg (35.96%), Manganese: 0.69mg (34.47%), Vitamin K: 33.74µg (32.13%), Vitamin C: 21.95mg (26.61%), Zinc: 3.98mg (26.53%), Iron: 4.27mg (23.75%), Vitamin A: 1130.41IU (22.61%), Vitamin B1: 0.32mg (21.15%), Folate: 81.15µg (20.29%), Vitamin E: 2.88mg (19.2%), Fiber: 4.71g (18.83%), Copper: 0.34mg (17.17%), Vitamin B6: 0.34mg (17.01%), Magnesium: 67.43mg (16.86%), Vitamin B3: 3.2mg (15.98%), Potassium: 556.14mg (15.89%), Vitamin B5: 0.61mg (6.06%), Vitamin D: 0.28µg (1.87%)