



Grilled Zucchini Pizza with Goat Cheese



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 cup goat cheese crumbled
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup pizza sauce
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 cup roasted pepper red chopped

- ☐ 2 ounces mozzarella cheese shredded
- ☐ 1 large zucchini cut into 1/2-inch rounds

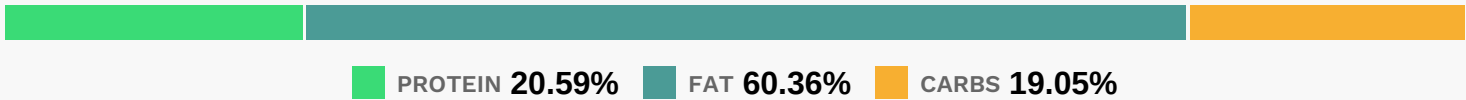
Equipment

- ☐ grill

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Brush one side of each zucchini round with olive oil; brush the opposite side with pizza sauce. Evenly divide red onion, roasted red pepper, mushrooms, goat cheese, mozzarella cheese, garlic, and Italian seasoning over each zucchini round.
- ☐ Grill zucchini pizzas over preheated grill until zucchini is tender, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:90.5, Glycemic Load:2.36, Inflammation Score:-8, Nutrition Score:18.780869364738%

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 Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg, Quercetin: 9.21mg

Nutrients (% of daily need)

Calories: 289.11kcal (14.46%), Fat: 20.2g (31.08%), Saturated Fat: 9.04g (56.5%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.9g (8.78%), Cholesterol: 35.45mg (11.82%), Sodium: 922.85mg (40.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.51g (31.02%), Vitamin C: 51.28mg (62.16%), Phosphorus: 285.65mg (28.57%), Vitamin B2: 0.48mg (28.5%), Manganese: 0.55mg (27.47%), Vitamin B6: 0.54mg (26.95%), Calcium: 256.04mg (25.6%), Copper: 0.48mg (23.99%), Vitamin A: 1140.31IU (22.81%), Potassium: 745.9mg (21.31%), Vitamin K: 19.58µg (18.65%), Folate: 66.6µg (16.65%), Fiber: 3.87g (15.48%), Magnesium: 56.96mg (14.24%), Iron: 2.47mg (13.73%), Zinc: 1.97mg (13.15%), Vitamin E: 1.94mg (12.95%), Selenium: 8.92µg (12.74%), Vitamin B12: 0.71µg (11.83%), Vitamin B3: 2.35mg (11.73%), Vitamin B5: 1.1mg (10.97%), Vitamin B1: 0.16mg (10.65%),

Vitamin D: 0.27µg (1.83%)