



How to Make Pizza on the Panini Press

 Popular

READY IN



18 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces part-skim mozzarella fresh shredded sliced
- ☐ 1 pound pizza dough fresh divided
- ☐ 0.3 cup pesto rosso
- ☐ 6 servings toppings
- ☐ 6 servings toppings

Equipment

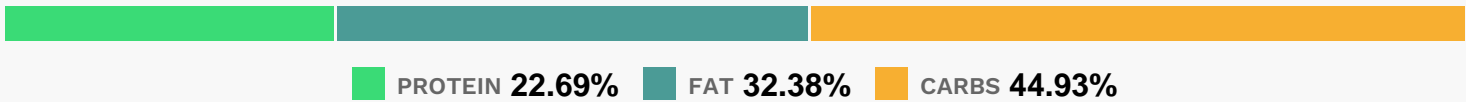
- ☐ grill
- ☐ aluminum foil

☐ panini press

Directions

- ☐ Heat the panini press to high heat. If your panini press comes with a tilt option, be sure it is set to flat.Preparing one pizza at a time, tear off a sheet of aluminum foil about the same size of your press.
- ☐ Brush olive oil (or spray cooking spray) onto the surface, in about a 6-inch diameter area.Stretch a portion of dough into a (somewhat) circular shape. The dough will be very elastic – stretch it, wait a few minutes, then stretch it some more. Thinner is better to ensure it cooks thoroughly.
- ☐ Spread a few tablespoons of pesto on the stretched dough.
- ☐ Add your cheese and toppings (see tips for choosing toppings in the post above).
- ☐ Transfer the aluminum foil to the panini press. Close the lid, allowing the upper grate to hover about 1 inch above the pizza (if you don't have a panini maker that allows for a fixed height, you might try creating your own 1-inch spacers by balling up some aluminum foil).Grill the pizza until the dough is cooked through and lightly browned (it may bubble up a bit too) and the cheese is melted and bubbly, 6 to 8 minutes. Slice and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.5986955748952%

Nutrients (% of daily need)

Calories: 352.17kcal (17.61%), Fat: 12.69g (19.53%), Saturated Fat: 6.65g (41.55%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 38.05g (13.84%), Sugar: 6.43g (7.14%), Cholesterol: 37.39mg (12.46%), Sodium: 1024.16mg (44.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.02g (40.03%), Calcium: 456.72mg (45.67%), Phosphorus: 262.52mg (26.25%), Iron: 2.33mg (12.92%), Selenium: 8.16µg (11.66%), Zinc: 1.56mg (10.43%), Vitamin B2: 0.17mg (10.11%), Vitamin B12: 0.46µg (7.75%), Vitamin A: 361.59IU (7.23%), Fiber: 1.57g (6.3%), Magnesium: 13.04mg (3.26%), Vitamin B6: 0.04mg (1.98%), Potassium: 47.63mg (1.36%), Folate: 5.1µg (1.28%), Vitamin D: 0.17µg (1.13%)