



Hummus and Grilled-Zucchini Pizzas



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup olive oil extra-virgin plus more for greasing
- ☐ 30 servings pepper freshly ground
- ☐ 16 ounces pizza dough divided
- ☐ 7 ounces roasted-garlic hummus
- ☐ 30 servings salt
- ☐ 3 medium zucchini sliced medium,

Equipment

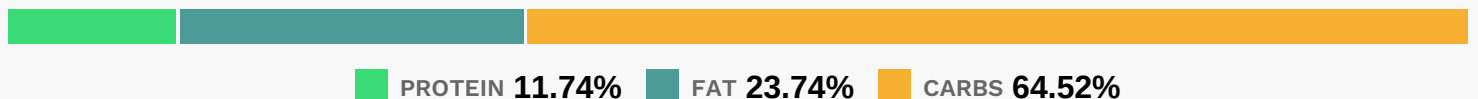
- ☐ bowl

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ grill pan
- ☐ pizza stone

Directions

- ☐ Set a pizza stone in the oven and heat the oven to 500 for 30 minutes. Light a grill or preheat a grill pan. Scoop the garlic from the top of the hummus into a small bowl and stir in the 3/4 cup of olive oil. Season with salt and pepper.
- ☐ Transfer 3 tablespoons of the garlic oil to a large bowl.
- ☐ Add the zucchini and toss to coat.
- ☐ Whisk the hummus into the remaining garlic oil and season with salt and pepper.
- ☐ Working in 2 batches, grill the zucchini slices over high heat until they are lightly charred, about 5 minutes.
- ☐ Brush the zucchini lightly with some of the hummus and grill for 1 minute longer, turning once.
- ☐ Lightly rub 2 sheets of parchment paper with oil. Stretch each ball of pizza dough into a 12-inch round on each sheet.
- ☐ Brush each round with one-fourth of the hummus and top with the zucchini. Slide 1 parchment sheet onto the hot stone and bake the pizza for about 8 minutes, until the crust is browned.
- ☐ Transfer the pizza to a work surface and drizzle with some of the remaining hummus.
- ☐ Cut into slices and serve. Repeat with the remaining pizza.

Nutrition Facts



Properties

Glycemic Index:2.57, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:2.0195652142815%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 60.18kcal (3.01%), Fat: 1.65g (2.54%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 10.08g (3.36%), Net Carbohydrates: 9.49g (3.45%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 305.84mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Manganese: 0.16mg (7.93%), Vitamin C: 5.57mg (6.75%), Vitamin B6: 0.11mg (5.71%), Iron: 0.61mg (3.39%), Fiber: 0.59g (2.35%), Potassium: 79.06mg (2.26%), Phosphorus: 17.73mg (1.77%), Vitamin K: 1.77µg (1.68%), Copper: 0.03mg (1.58%), Calcium: 15.68mg (1.57%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.48%), Selenium: 0.98µg (1.41%), Magnesium: 5.36mg (1.34%), Vitamin E: 0.19mg (1.24%), Folate: 4.92µg (1.23%)