



Individual Grilled Veggie Pizzas

READY IN



39 min.

SERVINGS



2

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bite-size broccoli florets
- 0.3 pound butternut squash peeled seeded thinly sliced
- 0.3 cup fontina cubed
- 0.3 cup gorgonzola blue crumbled
- 1 tablespoon olive oil
- 0.3 cup pesto
- 1 large portobello mushroom sliced
- 0.3 cup onion red chopped
- 2 ounces pizza crust refrigerated

1 small zucchini sliced

Equipment

oven

grill

grill pan

Directions

Preheat an outdoor grill for high heat.

Place the mushrooms, zucchini, squash, broccoli, and onion in a grill pan, and brush with 2 tablespoons olive oil. Cook on preheated, covered grill until tender when pierced with a fork, about 5 minutes.

Remove from grill and set aside.

Roll out pizza dough on a floured surface to make two 8 inch circles 1/4 inch thick.

Place onto pizza pans.

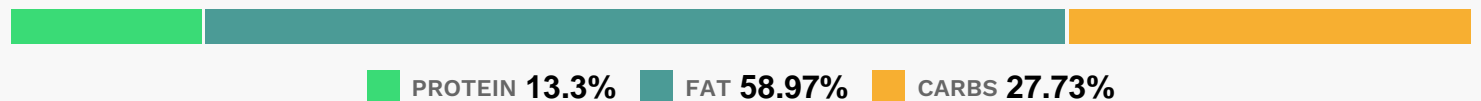
Brush tops with remaining 1 tablespoon olive oil.

Bake on preheated, covered grill until browned, turning once, about 3 minutes each side.

Remove from grill and spread with pesto. Top with cooked vegetables.

Sprinkle with blue and fontina cheeses. Return to grill, cover, and cook until cheese melts, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:23.244347841843%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg, Kaempferol: 3.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg

Quercetin: 5.93mg

Nutrients (% of daily need)

Calories: 443.6kcal (22.18%), Fat: 29.9g (46.01%), Saturated Fat: 9.64g (60.24%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 26.92g (9.79%), Sugar: 8.48g (9.43%), Cholesterol: 34.28mg (11.43%), Sodium: 847.6mg (36.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.35%), Vitamin A: 7333.33IU (146.67%), Vitamin C: 64.53mg (78.22%), Vitamin K: 54.7µg (52.09%), Calcium: 293.73mg (29.37%), Phosphorus: 244.72mg (24.47%), Potassium: 733.26mg (20.95%), Selenium: 14.29µg (20.41%), Folate: 80.76µg (20.19%), Vitamin B6: 0.39mg (19.55%), Fiber: 4.71g (18.86%), Manganese: 0.37mg (18.66%), Vitamin B3: 3.34mg (16.72%), Vitamin B2: 0.28mg (16.36%), Vitamin E: 2.35mg (15.66%), Vitamin B5: 1.47mg (14.74%), Iron: 2.19mg (12.19%), Magnesium: 47.64mg (11.91%), Copper: 0.23mg (11.66%), Zinc: 1.74mg (11.62%), Vitamin B1: 0.16mg (10.53%), Vitamin B12: 0.5µg (8.4%), Vitamin D: 0.31µg (2.06%)