



Individual Grilled Veggie Pizzas

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small eggplant peeled cut into 1/4-inch-thick rounds (stem removed)
- ☐ 2 cups mozzarella cheese grated
- ☐ 0.3 cup olive oil
- ☐ 1 onion cut into 1/ slices
- ☐ 2 pounds pizza dough frozen at room temperature
- ☐ 4 servings salt and pepper
- ☐ 1 cup tomato sauce
- ☐ 1 bell pepper yellow cored seeded cut into 8 pieces

☐ 1 medium zucchini cut lengthwise into 1/ strips

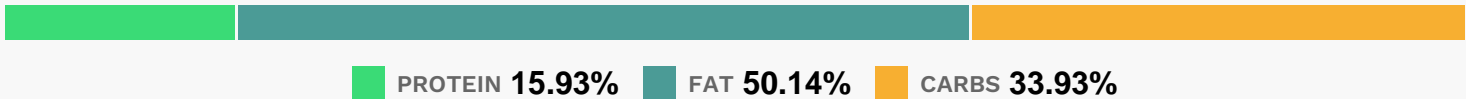
Equipment

- ☐ baking sheet
- ☐ grill
- ☐ tongs

Directions

- ☐ Preheat a gas grill on high, covered, for 10 minutes, and then lower heat to medium. On a lightly floured work surface, press and stretch each piece of dough into a 9-inch round.
- ☐ Place on lightly floured baking sheets; set aside.
- ☐ Place zucchini, onion, pepper and eggplant on a rimmed baking sheet.
- ☐ Brush with 2 Tbsp. olive oil and sprinkle with salt and pepper. Grill until vegetables are soft, turning once, 6 to 8 minutes total.
- ☐ Transfer to baking sheet and set aside.
- ☐ Brush tops of dough rounds with 1 Tbsp. olive oil and carefully flip them, oiled side down, onto grill. Grill, uncovered, until undersides are golden, 2 to 3 minutes. Use tongs to place pizzas back on baking sheets.
- ☐ Brush uncooked sides with remaining 1 Tbsp. oil and flip so grilled sides of pizzas are facing up. After grilling second side, remove rounds and spread 1/4 cup tomato sauce on each pizza. Arrange vegetables on top of sauce and sprinkle with cheese. Slide pizzas back onto grill and cook, covered, until cheese is melted, 3 minutes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:3.09, Inflammation Score:-9, Nutrition Score:40.753478060598%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg

Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 965.84kcal (48.29%), Fat: 54.5g (83.85%), Saturated Fat: 19.04g (119.02%), Carbohydrates: 83g (27.67%), Net Carbohydrates: 72.43g (26.34%), Sugar: 17.29g (19.21%), Cholesterol: 75.99mg (25.33%), Sodium: 1857.19mg (80.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.92%), Vitamin C: 74.93mg (90.82%), Selenium: 59.32µg (84.74%), Calcium: 725.34mg (72.53%), Phosphorus: 681.96mg (68.2%), Manganese: 1.17mg (58.27%), Vitamin B2: 0.89mg (52.16%), Vitamin B12: 3.05µg (50.76%), Fiber: 10.57g (42.27%), Vitamin B1: 0.6mg (39.85%), Copper: 0.75mg (37.64%), Vitamin E: 5.63mg (37.54%), Iron: 6.7mg (37.22%), Folate: 145.52µg (36.38%), Zinc: 5.2mg (34.68%), Vitamin B3: 6.91mg (34.53%), Vitamin A: 1603.8IU (32.08%), Vitamin K: 32.32µg (30.78%), Potassium: 1062.69mg (30.36%), Vitamin B6: 0.53mg (26.4%), Magnesium: 103.73mg (25.93%), Vitamin B5: 1.27mg (12.7%), Vitamin D: 0.22µg (1.49%)