



Mediterranean Grilled Pizza

READY IN



28 min.

SERVINGS



8

CALORIES



378 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup asparagus chopped thin (use spears or slice in half)
- 0.3 cup olive oil extra virgin mazola®
- 0.5 cup feta cheese crumbled to taste
- 3.5 cups flour all-purpose
- 8 ounce water flavored
- 2 tablespoons pinenuts
- 0.5 cup roasted peppers red
- 1.5 teaspoons salt
- 1 tablespoon sugar

- 1.3 cups water (120 degrees to 130 degrees F)
- 1 envelope uncook pizza crust

Equipment

- bowl
- baking sheet
- grill
- tongs

Directions

- Start charcoal fire or preheat gas grill to medium-high heat.
- Combine 2 cups flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and oil; mix until well blended, about 1 minute. Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky. Knead** on a floured surface, adding additional flour if necessary, until smooth and elastic, about 5 minutes. (If using Rapid
- Rise Yeast, let dough rest at this point for 10 minutes.)
- Divide dough into 8 portions. Pat or roll dough on a well-floured counter to about 8-inch circles; they do not need to be perfect.
- Using hands, lift each crust carefully and place on grill. Cook for 3 to 4 minutes until bottom is lightly browned and top looks set. Using long handled tongs, remove crust from grill, grilled side up, to a platter or baking sheet.
- Spread about 2 tablespoons hummus over the grilled side of each pizza crust. Top with 2 tablespoons asparagus, 1 tablespoon roasted red pepper, about 1 tablespoon goat cheese and a few pinenuts. Repeat with remaining pizzas.
- Carefully slide each pizza onto the grill. Cook an additional 3 to 4 minutes until bottom of crust is browned and cheese is melted.
- Remove from grill and serve immediately.

Nutrition Facts



■ PROTEIN 10.53% ■ FAT 37.94% ■ CARBS 51.53%

Properties

Glycemic Index:28.45, Glycemic Load:31.98, Inflammation Score:-6, Nutrition Score:14.705652247305%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 378.39kcal (18.92%), Fat: 16.04g (24.68%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 49.02g (16.34%), Net Carbohydrates: 45.29g (16.47%), Sugar: 2.05g (2.28%), Cholesterol: 8.34mg (2.78%), Sodium: 774.44mg (33.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.01g (20.02%), Manganese: 0.86mg (42.82%), Vitamin B1: 0.53mg (35.33%), Folate: 137.57µg (34.39%), Selenium: 21.12µg (30.17%), Vitamin B2: 0.4mg (23.51%), Iron: 3.92mg (21.75%), Vitamin B3: 3.81mg (19.04%), Phosphorus: 165.39mg (16.54%), Copper: 0.31mg (15.7%), Fiber: 3.73g (14.91%), Vitamin K: 14.07µg (13.4%), Vitamin E: 1.77mg (11.79%), Magnesium: 43.93mg (10.98%), Zinc: 1.44mg (9.63%), Vitamin B6: 0.15mg (7.68%), Calcium: 74.87mg (7.49%), Vitamin C: 5.03mg (6.09%), Potassium: 190.71mg (5.45%), Vitamin A: 220.92IU (4.42%), Vitamin B5: 0.42mg (4.25%), Vitamin B12: 0.16µg (2.64%)