



Pizza On The Grill I

 Vegetarian  Popular

READY IN

ready

180 min.

SERVINGS

servings

16

CALORIES

calories

165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.3 cup olives black sliced
- ☐ 3.3 cups flour all-purpose
- ☐ 1 tablespoon basil fresh chopped
- ☐ 4 tablespoons basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons kosher salt

- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup roasted peppers red
- ☐ 2 cups mozzarella cheese shredded
- ☐ 0.3 cup tomato sauce
- ☐ 1 cup tomatoes chopped
- ☐ 1 cup warm water
- ☐ 1 pinch sugar white

Equipment

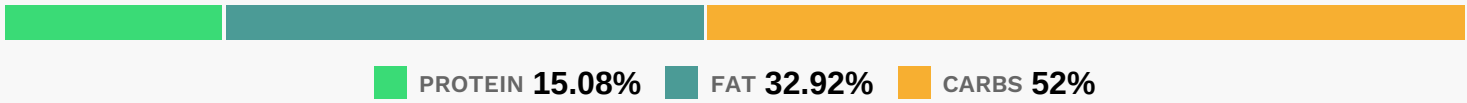
- ☐ bowl
- ☐ grill
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a bowl, dissolve yeast in warm water, and mix in sugar. Proof for ten minutes, or until frothy.
- ☐ Mix in the salt, olive oil, and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes.
- ☐ Place dough in a well oiled bowl, and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.
- ☐ Preheat grill for high heat.
- ☐ Heat olive oil with garlic for 30 seconds in the microwave. Set aside. Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2 inch thick.
- ☐ Brush grill grate with garlic flavored olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush oil over crust, and then brush with 2 tablespoons tomato sauce. Arrange 1/2 cup chopped tomatoes, 1/8 cup sliced black olives, and 1/8 cup roasted red peppers over crust.

- ☐
- Sprinkle with 1 cup cheese and 2 tablespoons basil. Close the lid, and cook until the cheese melts.
- ☐
- Remove from grill, and set aside to cool for a few minutes while you prepare the second pizza.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:14.72, Inflammation Score:-4, Nutrition Score:6.5117391451545%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 165.17kcal (8.26%), Fat: 6.01g (9.25%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 20.25g (7.36%), Sugar: 0.68g (0.75%), Cholesterol: 11.06mg (3.69%), Sodium: 461.58mg (20.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.39%), Vitamin B1: 0.26mg (17.6%), Selenium: 11.37µg (16.25%), Folate: 61.6µg (15.4%), Vitamin B2: 0.19mg (11.3%), Manganese: 0.22mg (10.94%), Vitamin B3: 1.85mg (9.25%), Phosphorus: 85.51mg (8.55%), Calcium: 80.97mg (8.1%), Iron: 1.41mg (7.85%), Vitamin B12: 0.32µg (5.33%), Vitamin K: 5.22µg (4.97%), Vitamin A: 241.47IU (4.83%), Zinc: 0.67mg (4.46%), Fiber: 1.11g (4.44%), Vitamin E: 0.55mg (3.69%), Vitamin C: 2.85mg (3.45%), Copper: 0.06mg (3.15%), Magnesium: 11.54mg (2.88%), Potassium: 84.44mg (2.41%), Vitamin B6: 0.05mg (2.35%), Vitamin B5: 0.22mg (2.2%)