



Shrimp-Pesto Pizza

READY IN



37 min.

SERVINGS



6

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings flour all-purpose
- ☐ 1.5 teaspoons olive oil
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup garden pesto
- ☐ 1.5 pounds bakery pizza dough
- ☐ 1 pound shrimp raw unpeeled ()
- ☐ 1 bell pepper red chopped
- ☐ 0.3 teaspoon salt

- ☐ 6 servings cornmeal plain yellow
- ☐ 1 large onion yellow chopped

Equipment

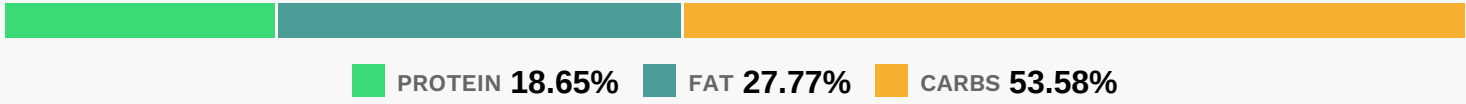
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ ziploc bags
- ☐ wax paper
- ☐ cutting board

Directions

- ☐ Coat cold cooking grate of grill with cooking spray, and place on grill. Preheat grill to 350 (medium) heat.
- ☐ Peel shrimp, and slice in half lengthwise; devein, if desired.
- ☐ Saut onion, bell pepper, salt, and pepper in 1/2 tsp. hot oil in a large skillet over medium heat 5 minutes or until tender.
- ☐ Transfer onion mixture to a large bowl. Saut shrimp in remaining 1 tsp. hot oil 3 minutes or just until shrimp turn pink.
- ☐ Add shrimp to onion mixture, and toss.
- ☐ Divide dough into 6 equal portions. Lightly sprinkle flour on a large surface.
- ☐ Roll each portion into a 6-inch round (about 1/4-inch thick). Carefully transfer pizza dough rounds to a cutting board or baking sheet sprinkled with cornmeal.
- ☐ Slide pizza dough rounds onto cooking grate of grill; spread Garden Pesto over rounds, and top with shrimp mixture.
- ☐ Sprinkle each with 2 Tbsp. Parmesan cheese.
- ☐ Grill, covered with grill lid, 4 minutes. Rotate pizzas one-quarter turn, and grill, covered with grill lid, 5 to 6 more minutes or until pizza crusts are cooked.
- ☐ Serve immediately.

- ☐ *Refrigerated store-bought pesto may be substituted.
- ☐ Note: Individual pizza dough rounds may be made ahead.
- ☐ Roll out as directed, and place between pieces of wax paper sprinkled with flour and cornmeal; place in a gallon-size zip-top plastic bag. Seal bag, and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:39.08, Glycemic Load:9.27, Inflammation Score:-8, Nutrition Score:14.214347598345%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 555.15kcal (27.76%), Fat: 17.17g (26.42%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 70.54g (25.65%), Sugar: 9.77g (10.86%), Cholesterol: 107.78mg (35.93%), Sodium: 1759.02mg (76.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.9%), Selenium: 30.04µg (42.92%), Vitamin C: 27.24mg (33.01%), Phosphorus: 306.85mg (30.68%), Vitamin A: 1282.78IU (25.66%), Iron: 4.2mg (23.31%), Calcium: 193.9mg (19.39%), Vitamin B12: 1.01µg (16.8%), Fiber: 4.04g (16.15%), Vitamin B6: 0.28mg (14.1%), Zinc: 1.73mg (11.54%), Folate: 46.13µg (11.53%), Vitamin B3: 2.27mg (11.34%), Manganese: 0.21mg (10.66%), Vitamin E: 1.57mg (10.44%), Magnesium: 38.38mg (9.6%), Copper: 0.19mg (9.59%), Vitamin B1: 0.13mg (8.64%), Vitamin B2: 0.12mg (7.33%), Potassium: 228.14mg (6.52%), Vitamin B5: 0.46mg (4.62%), Vitamin K: 2.29µg (2.18%)