



WHATSheATE



## Summer Grilled Vegetable Pizza

READY IN



60 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 6 ounces mozzarella cheese fresh thinly sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup lower-sodium marinara sauce (such as McCutcheon's)
- ☐ 2 tablespoons olive oil divided
- ☐ 1 bell pepper red seeded quartered
- ☐ 7 ounces onion red cut into 12 wedges
- ☐ 1 pound pizza dough fresh refrigerated
- ☐ 1 tablespoon cornmeal yellow

- ☐ 4 ounce baby squash yellow cut into 1/4-inch-thick diagonal slices
- ☐ 4 ounce zucchini cut into 1/4-inch-thick diagonal slices

## Equipment

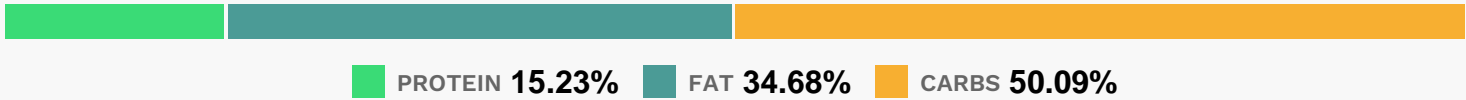
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ skewers
- ☐ cutting board
- ☐ pizza stone

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Remove dough from refrigerator.
- ☐ Let stand at room temperature, covered, for 30 minutes.
- ☐ Place a pizza stone or heavy baking sheet in oven. Preheat oven to 500 (keep pizza stone or baking sheet in oven as it preheats).
- ☐ Flatten bell pepper pieces with hand. Arrange all the vegetables in a single layer on a large cutting board or baking sheet; brush both sides with 1 1/2 tablespoons oil. Arrange onion wedges on skewers, if desired. Arrange vegetables on grill rack coated with cooking spray, and grill for 3 minutes on each side or until crisp-tender and grill marks appear.
- ☐ Remove from grill. Coarsely chop bell pepper.
- ☐ Roll dough into a 14-inch circle on a lightly floured surface, and pierce entire surface liberally with a fork. Carefully remove pizza stone from oven.
- ☐ Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- ☐ Bake at 500 for 5 minutes.
- ☐ Remove the partially baked crust from oven.
- ☐ Spread sauce over crust, leaving a 1/2-inch border. Arrange the vegetables over dough, and sprinkle evenly with salt and crushed red pepper. Top evenly with cheese. Carefully return pizza to pizza stone.

- ☐
- Bake at 500 for an additional 12 minutes or until the crust and cheese are browned.
- ☐
- Brush edge of dough with remaining 1 1/2 teaspoons olive oil.
- ☐
- Cut into 6 large slices.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:2.37, Inflammation Score:-7, Nutrition Score:9.8882608931998%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg, Quercetin: 6.88mg

Nutrients (% of daily need)

Calories: 348.43kcal (17.42%), Fat: 13.7g (21.08%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 41.53g (15.1%), Sugar: 8.86g (9.85%), Cholesterol: 22.4mg (7.47%), Sodium: 1020.43mg (44.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.09%), Vitamin C: 35.86mg (43.47%), Vitamin A: 1002IU (20.04%), Calcium: 161.42mg (16.14%), Iron: 2.74mg (15.25%), Phosphorus: 138.98mg (13.9%), Fiber: 3g (12.01%), Vitamin B12: 0.65µg (10.77%), Vitamin B6: 0.21mg (10.57%), Vitamin B2: 0.17mg (9.78%), Vitamin E: 1.42mg (9.49%), Manganese: 0.17mg (8.72%), Potassium: 278.24mg (7.95%), Zinc: 1.15mg (7.66%), Selenium: 5.32µg (7.6%), Folate: 29.84µg (7.46%), Vitamin K: 6.61µg (6.29%), Magnesium: 22.95mg (5.74%), Vitamin B1: 0.06mg (4.14%), Vitamin B3: 0.69mg (3.46%), Copper: 0.07mg (3.38%), Vitamin B5: 0.29mg (2.85%)