



## Summer Squash Pizza

READY IN



45 min.

SERVINGS



8

CALORIES



955 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 teaspoon olive oil
- ☐ 0.5 teaspoon oregano fresh finely chopped
- ☐ 1 ounce pecorino romano cheese finely grated
- ☐ 12 inch d pizza crust (such as Mama Mary's)
- ☐ 2 plum tomatoes cut into (1/8-inch-thick) slices
- ☐ 0.1 teaspoon salt

- ☐ 1 medium baby squash yellow cut lengthwise into (1/4-inch-thick) slices
- ☐ 1 medium zucchini cut lengthwise into (1/4-inch-thick) slices

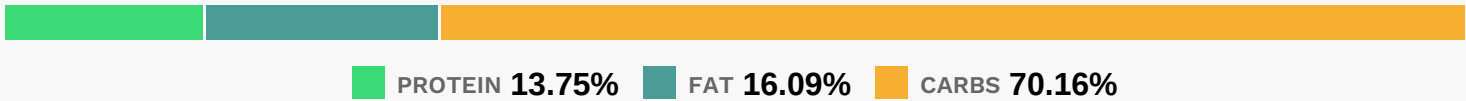
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine oil, vinegar, salt, pepper, zucchini slices, and yellow squash slices in a large bowl, tossing gently to coat.
- ☐ Place squash mixture on grill rack coated with cooking spray; grill 2 minutes on each side or until tender.
- ☐ Reduce grill temperature to medium.
- ☐ Lightly coat pizza crust with cooking spray; grill 1 minute on each side or until lightly toasted. Arrange zucchini and squash over crust. Arrange tomatoes over squash; sprinkle with pecorino Romano cheese. Grill 5 minutes or until thoroughly heated.
- ☐ Remove from grill; sprinkle with basil and oregano.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:0.51, Inflammation Score:-3, Nutrition Score:7.9113043932163%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 954.6kcal (47.73%), Fat: 17.01g (26.17%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 166.89g (55.63%), Net Carbohydrates: 161g (58.55%), Sugar: 6.8g (7.56%), Cholesterol: 3.69mg (1.23%), Sodium: 1880.01mg (81.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.41%), Iron: 9.54mg (52.99%), Calcium: 358.22mg (35.82%), Fiber: 5.89g (23.55%), Vitamin C: 10.77mg (13.05%), Manganese: 0.12mg (6.07%), Vitamin K: 6.3µg (6%), Vitamin B6: 0.11mg (5.55%), Vitamin A: 270.49IU (5.41%), Phosphorus: 49.91mg (4.99%), Potassium: 172.1mg (4.92%), Vitamin B2: 0.08mg (4.41%), Folate: 16.2µg (4.05%), Magnesium: 12.52mg (3.13%), Vitamin B1: 0.03mg (2.02%), Copper: 0.04mg (1.95%), Zinc: 0.28mg (1.84%), Vitamin B3: 0.34mg (1.68%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.12mg (1.19%)