



Veggie Grilled Pizza

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces baby eggplant 1-inch-thick
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounce bread flour (2 cups plus 2 tablespoons)
- ☐ 2.3 teaspoons yeast dry
- ☐ 4 ounces fontina shredded
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon kosher salt divided

- ☐ 0.3 cup mint leaves
- ☐ 10 teaspoon olive oil divided
- ☐ 0.7 cup tomato sauce
- ☐ 1 large bell pepper red seeded quartered
- ☐ 1 cup water divided (100° to 110°)
- ☐ 2 tablespoons cornmeal yellow
- ☐ 1 medium zucchini 1-inch-thick

Equipment

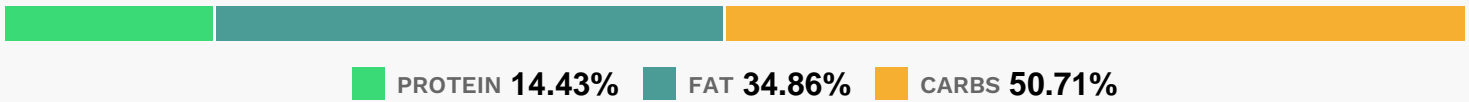
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ stand mixer
- ☐ ziploc bags
- ☐ measuring cup

Directions

- ☐ Pour 3/4 cup warm water in the bowl of a stand mixer with dough hook attached. Weigh or lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Add flour to 3/4 cup water; mix until combined. Cover and let stand 20 minutes.
- ☐ Combine remaining 1/4 cup water and yeast in a small bowl; let stand 5 minutes or until bubbly.
- ☐ Add yeast mixture, 4 teaspoons oil, and 1/2 teaspoon salt to flour mixture; mix 5 minutes or until a soft dough forms.
- ☐ Place dough in a large bowl coated with cooking spray; cover surface of dough with plastic wrap lightly coated with cooking spray. Refrigerate 24 hours.
- ☐ Prepare grill to high.
- ☐ Remove dough from refrigerator.

- ☐ Let stand, covered, 1 hour or until dough comes to room temperature. Punch dough down. Press dough out to a 12-inch oval on a lightly floured baking sheet sprinkled with cornmeal. Crimp edges to form a 1/2-inch border. Cover dough loosely with plastic wrap.
- ☐ Brush eggplant, zucchini, and bell pepper with remaining 2 tablespoons oil. Grill eggplant 4 minutes on each side or until tender; place in a bowl. Grill zucchini 3 minutes on each side or until tender; add to eggplant.
- ☐ Place pepper quarters, skin side down, on grill rack; grill 6 minutes or until blistered.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel peppers; add to vegetable mixture. Coarsely chop vegetables.
- ☐ Add garlic to vegetables; toss to combine.
- ☐ Place pizza dough, cornmeal side up, on grill rack coated with cooking spray, and grill for 4 minutes or until blistered. Turn dough over; grill 3 minutes.
- ☐ Remove from grill.
- ☐ Spread Basic Pizza Sauce evenly over top side of crust, leaving a 1/2-inch border. Arrange vegetable mixture evenly over sauce; sprinkle evenly with remaining 1/2 teaspoon salt and black pepper. Top with cheese. Return pizza to grill rack, and grill for 4 minutes or until thoroughly cooked.
- ☐ Cut pizza into 10 pieces; sprinkle with mint and thyme.

Nutrition Facts



Properties

Glycemic Index:78.3, Glycemic Load:30.38, Inflammation Score:-9, Nutrition Score:19.405217137026%

Flavonoids

Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg, Delphinidin: 58.3mg Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 428.89kcal (21.44%), Fat: 16.83g (25.89%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 55.09g (18.36%), Net Carbohydrates: 49.01g (17.82%), Sugar: 6.53g (7.26%), Cholesterol: 26.31mg (8.77%), Sodium: 812.81mg (35.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Vitamin C: 55.35mg (67.09%), Manganese: 0.87mg (43.27%), Selenium: 26.92µg (38.46%), Vitamin A: 1604.96IU (32.1%), Folate: 99.59µg (24.9%), Fiber: 6.08g (24.32%), Phosphorus: 205.36mg (20.54%), Vitamin B1: 0.29mg (19.45%), Vitamin B6: 0.36mg (18.06%), Vitamin E: 2.7mg (17.98%), Calcium: 167.36mg (16.74%), Potassium: 548.21mg (15.66%), Vitamin B2: 0.26mg (15.47%), Copper: 0.27mg (13.51%), Zinc: 1.97mg (13.11%), Magnesium: 51.99mg (13%), Vitamin B3: 2.59mg (12.96%), Vitamin K: 12.37µg (11.78%), Vitamin B5: 1.06mg (10.58%), Iron: 1.81mg (10.06%), Vitamin B12: 0.38µg (6.37%)