



20-minute Fiorentina pizzas

READY IN



20 min.

SERVINGS



2

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g pkt spinach
- ☐ 2 large flatbreads for this topping and end up soggy thin (if you can't get flatbreads, use ready-made pizza bases instead – tortillas are too)
- ☐ 1 pinch nutmeg
- ☐ 2 eggs
- ☐ 50 g gruyere cheese grated
- ☐ 4 slices pancetta

Equipment

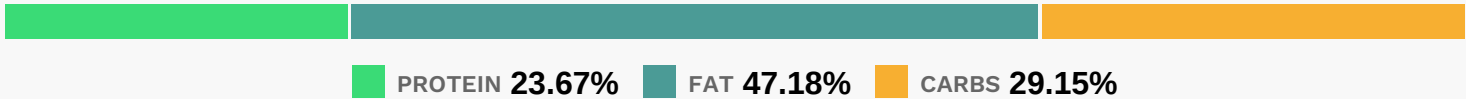
- ☐ baking sheet

- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the spinach in a colander and pour over boiling water to wilt. Leave to cool a little, then squeeze out any excess water as best you can.
- ☐ Place the breads on a baking sheet. Arrange the spinach over the top, leaving space in the middle, and season each with nutmeg and a little salt. Break an egg into centre of each flatbread, then scatter over the cheese and a grinding of pepper.
- ☐ Bake in the oven for 10 mins.
- ☐ Add the torn prosciutto just before serving.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:36.51521740789%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 369.07kcal (18.45%), Fat: 19.96g (30.71%), Saturated Fat: 8.52g (53.26%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 22.46g (8.17%), Sugar: 2.07g (2.3%), Cholesterol: 201.74mg (67.25%), Sodium: 614.13mg (26.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.07%), Vitamin K: 605.12µg (576.3%), Vitamin A: 12202.28IU (244.05%), Manganese: 1.85mg (92.5%), Folate: 280.06µg (70.01%), Selenium: 39.21µg (56.01%), Vitamin C: 35.14mg (42.59%), Calcium: 408.61mg (40.86%), Phosphorus: 395.73mg (39.57%), Magnesium: 143.46mg (35.87%), Vitamin B2: 0.55mg (32.49%), Iron: 5.5mg (30.58%), Potassium: 879.9mg (25.14%), Vitamin B6: 0.49mg (24.41%), Vitamin E: 3.38mg (22.55%), Fiber: 5.29g (21.18%), Vitamin B1: 0.31mg (20.77%), Zinc: 3.01mg (20.08%), Copper: 0.33mg (16.5%), Vitamin B12: 0.87µg (14.53%), Vitamin B3: 2.75mg (13.75%), Vitamin B5: 1.32mg (13.17%), Vitamin D: 1.09µg (7.29%)