



Arugula-Prosciutto Pizza

READY IN



35 min.

SERVINGS



4

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups baby arugula
- 0.5 teaspoon rosemary fresh chopped
- 1 clove garlic grated
- 0.5 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 4 tablespoons olive oil extra-virgin
- 4 servings parmesan cheese shaved for topping
- 0.5 cup part-skim ricotta
- 1 pound pizza dough prepared at room temperature

- 3 ounces pancetta thinly sliced
- 1 small shallots thinly sliced
- 1 cup mozzarella cheese shredded

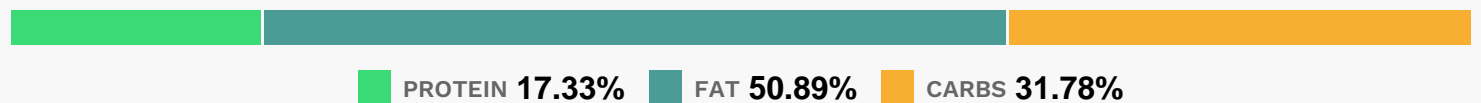
Equipment

- bowl
- baking sheet
- oven
- pizza stone

Directions

- Place a pizza stone or upside-down baking sheet in the oven and preheat to 450 degrees F.
- Roll out the dough on a lightly floured surface into a 12-inch round.
- Transfer to a cornmeal-dusted pizza peel or another upside-down baking sheet; slide the dough onto the hot pizza stone or baking sheet.
- Bake 8 minutes. Meanwhile, combine 2 tablespoons olive oil in a bowl with the garlic, rosemary, and salt and pepper to taste.
- Remove the pizza from the oven, brush with the olive oil mixture and top with the ricotta and mozzarella. Return the pizza to the oven; bake until the cheese is golden and bubbly, about 6 more minutes.
- Meanwhile, toss the arugula and shallot in a large bowl with the lemon juice, the remaining 2 tablespoons olive oil, and salt and pepper to taste. Top the pizza with the arugula salad, prosciutto and shaved parmesan.
- Cut into slices.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:15.160869473996%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 747.22kcal (37.36%), Fat: 42.57g (65.48%), Saturated Fat: 15.79g (98.66%), Carbohydrates: 59.83g (19.94%), Net Carbohydrates: 57.58g (20.94%), Sugar: 8.66g (9.62%), Cholesterol: 66.16mg (22.05%), Sodium: 1855.92mg (80.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.22%), Calcium: 618.18mg (61.82%), Phosphorus: 410.27mg (41.03%), Selenium: 21.21µg (30.29%), Vitamin K: 31.66µg (30.15%), Iron: 4.12mg (22.88%), Vitamin A: 1025.99IU (20.52%), Vitamin B12: 1.19µg (19.91%), Zinc: 2.44mg (16.26%), Vitamin B2: 0.27mg (16.07%), Vitamin E: 2.34mg (15.62%), Magnesium: 37.14mg (9.29%), Fiber: 2.25g (9%), Folate: 30.4µg (7.6%), Vitamin B6: 0.15mg (7.38%), Vitamin B1: 0.1mg (6.68%), Potassium: 231.54mg (6.62%), Vitamin C: 5.19mg (6.29%), Manganese: 0.12mg (5.79%), Vitamin B3: 1.07mg (5.36%), Vitamin B5: 0.48mg (4.83%), Copper: 0.06mg (2.79%), Vitamin D: 0.38µg (2.52%)