

Carbonara Pizza

READY IN



18 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings flour and cornmeal all-purpose
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan finely grated
- ☐ 0.3 cup peas frozen thawed
- ☐ 0.1 teaspoon pepper
- ☐ 1 pound pizza dough whole-wheat room temperature
- ☐ 2 slices pancetta chopped
- ☐ 1 cup skim milk

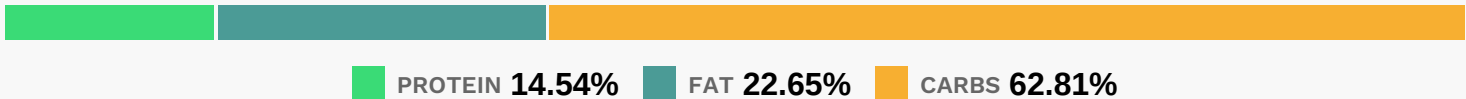
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Place an oven rack on lowest position and preheat to 500F.
- ☐ On a lightly floured surface, roll dough into a 14-inch round. Generously sprinkle a baking sheet with cornmeal.
- ☐ Place dough on sheet.
- ☐ Bake until dough feels dry, about 8 minutes.
- ☐ Heat oil in a pan on medium-high.
- ☐ Whisk in 1 1/2 Tbsp. flour and pepper. Cook until bubbling, about 2 minutes.
- ☐ Whisk in milk, bring to a boil, reduce heat and simmer, whisking, until thickened, about 2 minutes. Stir in Parmesan and peas.
- ☐ Spoon mixture on crust, leaving a 1/2-inch border.
- ☐ Bake until crust is crisp and topping is bubbling, about 5 minutes. Top with prosciutto.
- ☐ Cut into 8 slices.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:52.9, Glycemic Load:5.66, Inflammation Score:-3, Nutrition Score:6.8795653063318%

Nutrients (% of daily need)

Calories: 409.15kcal (20.46%), Fat: 10.39g (15.98%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 64.84g (21.61%), Net Carbohydrates: 62.23g (22.63%), Sugar: 10.88g (12.09%), Cholesterol: 8.73mg (2.91%), Sodium: 972.42mg (42.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.01g (30.02%), Iron: 3.68mg (20.45%), Calcium: 159.51mg (15.95%), Phosphorus: 135.92mg (13.59%), Fiber: 2.61g (10.43%), Vitamin B1: 0.14mg (9.26%), Vitamin B2: 0.16mg (9.26%), Selenium: 6.2µg (8.85%), Vitamin B12: 0.45µg (7.5%), Vitamin C: 4.83mg (5.86%), Folate: 23.25µg (5.81%), Manganese: 0.11mg (5.61%), Vitamin A: 268.02IU (5.36%), Vitamin K: 5.33µg (5.08%), Vitamin D: 0.72µg (4.81%), Vitamin B3: 0.95mg (4.73%), Zinc: 0.7mg (4.65%), Potassium: 154.33mg (4.41%), Magnesium: 16.32mg (4.08%), Vitamin B6: 0.08mg (3.79%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.32mg (3.15%), Copper: 0.04mg (1.89%)