



Chicken, Arugula, and Prosciutto Pizza

READY IN



38 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups arugula
- 0.5 teaspoon pepper black freshly ground
- 12 ounce chicken breast cutlets
- 0.5 teaspoon pepper red crushed
- 0.8 cup fontina shredded
- 2 tablespoons thinly garlic fresh vertically sliced
- 0.1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 1 tablespoon olive oil extra-virgin

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- 1 ounce pancetta thinly sliced
- 12 ounces pizza dough fresh refrigerated
- 2 tablespoons cornmeal yellow

Equipment

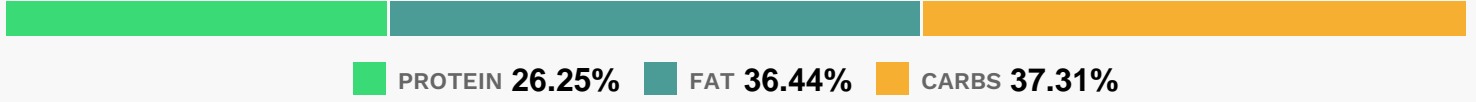
- bowl
- frying pan
- baking sheet
- oven
- grill pan
- pizza stone

Directions

- Place a pizza stone or heavy baking sheet in oven. Preheat oven to 450 (keep pizza stone or baking sheet in oven as it preheats).
- Sprinkle both sides of chicken evenly with black pepper and 1/8 teaspoon kosher salt.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add chicken to pan; saut 3 minutes on each side or until chicken is done.
- Let chicken stand 10 minutes, and slice thinly against the grain.
- Roll dough into a 14 x 9-inch rectangle (or a 14-inch circle) on a lightly floured surface; pierce dough with a fork. Carefully remove pizza stone from oven.
- Sprinkle cornmeal over pizza stone; place dough on pizza stone.
- Combine 1 tablespoon olive oil and garlic in a skillet over medium-low heat; cook 2 minutes or just until fragrant, stirring constantly (do not brown garlic).
- Brush uncooked pizza dough with garlic-oil mixture; sprinkle dough evenly with fontina cheese and crushed red pepper, leaving a 1/2-inch border.
- Bake at 450 for 4 minutes or until cheese melts. Carefully remove partially cooked crust from oven; arrange chicken on crust, leaving a 1/2-inch border.
- Bake an additional 5 minutes or until crust is golden and crisp.

- Place arugula in a medium bowl; drizzle with 1 teaspoon olive oil and lemon juice.
- Sprinkle with 1/8 teaspoon kosher salt. Toss. Arrange prosciutto evenly over pizza; top with arugula mixture. Slice pizza.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:1.82, Inflammation Score:-3, Nutrition Score:9.5517391277396%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 333.62kcal (16.68%), Fat: 13.51g (20.78%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 29.7g (10.8%), Sugar: 3.99g (4.43%), Cholesterol: 58.55mg (19.52%), Sodium: 692.2mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.79%), Selenium: 22.12µg (31.6%), Vitamin B3: 6.27mg (31.33%), Vitamin B6: 0.51mg (25.58%), Phosphorus: 197.97mg (19.8%), Iron: 2.08mg (11.55%), Calcium: 108.25mg (10.82%), Vitamin B5: 0.97mg (9.67%), Vitamin K: 8.3µg (7.9%), Potassium: 275.94mg (7.88%), Zinc: 1.13mg (7.53%), Vitamin B12: 0.41µg (6.9%), Vitamin A: 338.67IU (6.77%), Vitamin B2: 0.11mg (6.27%), Magnesium: 24.79mg (6.2%), Manganese: 0.12mg (5.88%), Fiber: 1.4g (5.61%), Vitamin B1: 0.07mg (4.74%), Vitamin E: 0.71mg (4.71%), Vitamin C: 2.59mg (3.13%), Folate: 9.56µg (2.39%), Copper: 0.05mg (2.27%), Vitamin D: 0.17µg (1.16%)