



Coppa, Ricotta, and Arugula Pizza

READY IN



10 min.

SERVINGS



6

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 oz baby arugula
- ☐ 6 servings pepper black freshly ground
- ☐ 5 oz coppa (18 slices)
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 6 servings our best pizza dough
- ☐ 2 cups ricotta cheese
- ☐ 6 servings salt

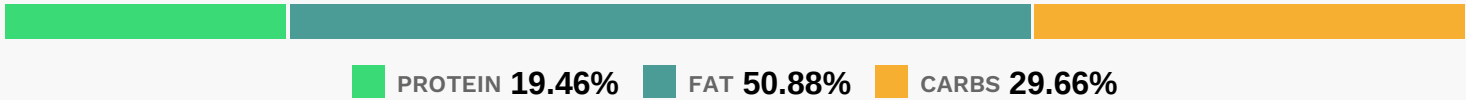
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Evenly spread 2 heaping spoonfuls (1/3 cup) ricotta cheese onto each half-grilled dough round, then top with several slices of coppa. Grill as directed in step
- ☐ In a bowl, combine oil, lemon juice, and a pinch each of salt and pepper; toss with arugula. About 1 minute before pizzas are done, evenly scatter a generous amount of dressed arugula onto pizzas and finish grilling, covered, for about 1 minute.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:6.5804347577302%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg, Kaempferol: 4.12mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 396.4kcal (19.82%), Fat: 23.16g (35.63%), Saturated Fat: 10.06g (62.85%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 29.29g (10.65%), Sugar: 4.06g (4.51%), Cholesterol: 63.19mg (21.06%), Sodium: 1176.44mg (51.15%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 19.93g (39.85%), Calcium: 190.78mg (19.08%), Selenium: 12.03µg (17.19%), Vitamin K: 16.76µg (15.96%), Phosphorus: 137.11mg (13.71%), Iron: 2.35mg (13.05%), Vitamin A: 648.87IU (12.98%), Vitamin B2: 0.17mg (10.11%), Zinc: 1.02mg (6.78%), Folate: 21.89µg (5.47%), Vitamin E: 0.82mg (5.46%), Vitamin B12: 0.28µg (4.68%), Fiber: 1.08g (4.31%), Potassium: 134.38mg (3.84%), Magnesium: 14.97mg (3.74%), Vitamin C: 2.74mg (3.32%), Manganese: 0.06mg (2.82%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.05mg (2.28%), Copper: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.11%), Vitamin D: 0.17µg (1.1%)