



Fig & prosciutto pizzettas

 Popular

READY IN



50 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 knob butter
- ☐ 3 shallots diced finely
- ☐ 250 g crème fraîche
- ☐ 50 g parmesan finely grated
- ☐ 4 figs ripe cut into chunks
- ☐ 125 g buffalo mozzarella cheese
- ☐ 2 handfuls arugula
- ☐ 6 slices pancetta

- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 2 tbsp balsamic vinegar good
- ☐ 400 g bread flour white for dusting
- ☐ 7 g yeast dried
- ☐ 1 tsp salt
- ☐ 4 tbsp olive oil

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ To make the dough, mix the flour, yeast and salt in a bowl. Measure 250ml hand-warm water into a jug, add the oil, then tip into the flour mixture.
- ☐ Mix together with a wooden spoon, followed by your hands, to make a wet dough add a splash more warm water if needed. Cover with oiled cling film and leave somewhere warm-ish to rise for 1 hr or until doubled in size.
- ☐ Heat the butter, then soften the shallots and set aside.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip the dough onto a floured surface, knead briefly to smooth, then divide into 6-8 balls.
- ☐ Roll out each to a thin circle, then arrange on flour-dusted baking sheets.
- ☐ Mix the crme frache, Parmesan and shallots with a little salt and lots of black pepper.
- ☐ Spread over the dough and bake for 10-15 mins until crisp at the edges and slightly puffed up.
- ☐ Toss the figs and mozzarella with the rocket.
- ☐ Sprinkle over the pizzettas with the prosciutto.
- ☐ Mix the oil and vinegar, drizzle over the pizzettas and serve.

Nutrition Facts



 **PROTEIN 11.36%**  **FAT 50.48%**  **CARBS 38.16%**

Properties

Glycemic Index:52.83, Glycemic Load:35.72, Inflammation Score:-7, Nutrition Score:15.55391281584%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg 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: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 638.95kcal (31.95%), Fat: 35.98g (55.36%), Saturated Fat: 13.3g (83.11%), Carbohydrates: 61.23g (20.41%), Net Carbohydrates: 57.84g (21.03%), Sugar: 9.23g (10.26%), Cholesterol: 58.89mg (19.63%), Sodium: 701.74mg (30.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.21g (36.43%), Calcium: 645.7mg (64.57%), Selenium: 31.86µg (45.51%), Manganese: 0.65mg (32.37%), Vitamin A: 1237.04IU (24.74%), Phosphorus: 190.6mg (19.06%), Vitamin K: 18.58µg (17.69%), Vitamin E: 2.65mg (17.64%), Vitamin B1: 0.25mg (16.4%), Folate: 65.21µg (16.3%), Fiber: 3.39g (13.55%), Vitamin B2: 0.22mg (12.76%), Magnesium: 38.24mg (9.56%), Potassium: 317.86mg (9.08%), Copper: 0.18mg (9.05%), Vitamin B6: 0.17mg (8.69%), Vitamin B3: 1.7mg (8.49%), Vitamin B5: 0.84mg (8.41%), Zinc: 1.26mg (8.4%), Iron: 1.33mg (7.39%), Vitamin B12: 0.23µg (3.9%), Vitamin C: 3.05mg (3.69%)