



Grilled BLT Pizza

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups arugula mixed
- ☐ 2 large beefsteak tomatoes sliced
- ☐ 3 tablespoons olive oil
- ☐ 4 ounces pancetta thinly sliced
- ☐ 16 ounce pizza dough refrigerated

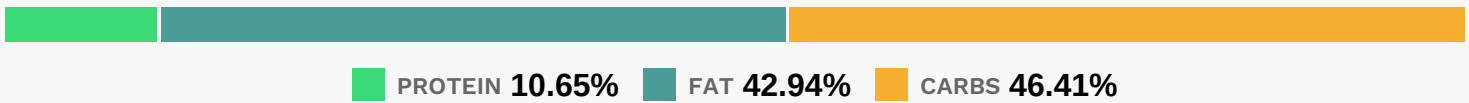
Equipment

- ☐ grill

Directions

- ☐ Heat grill to medium-low. Divide the dough into 2 equal pieces. On a lightly floured surface, roll each to a 1/4-inch thickness.
- ☐ Brush each top with 1/2 tablespoon of the oil.
- ☐ Transfer the dough to the grill, oiled-side down. Cover grill and cook until the tops begin to bubble and the bottoms become crisp, about 3 minutes. Working quickly, brush the top of each piece of dough with 1/2 tablespoon of the oil and turn over. Divide the prosciutto evenly among them and continue to cook, uncovered, until the bottoms are golden and crisp, 2 to 3 minutes.
- ☐ Remove from heat and layer with the tomato. Top with the arugula and drizzle with the remaining oil.
- ☐ Cut into pieces and divide among individual plates.Tip: To make this recipe kid-friendly, replace the prosciutto with sliced ham and omit the arugula.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.74, Inflammation Score:-8, Nutrition Score:11.805217317913%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 527kcal (26.35%), Fat: 25.64g (39.44%), Saturated Fat: 6.14g (38.39%), Carbohydrates: 62.35g (20.78%), Net Carbohydrates: 58.61g (21.31%), Sugar: 11.5g (12.78%), Cholesterol: 18.71mg (6.24%), Sodium: 1026.65mg (44.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.61%), Vitamin C: 32.57mg (39.48%), Vitamin A: 1880.99IU (37.62%), Iron: 3.95mg (21.93%), Vitamin K: 19.75µg (18.81%), Vitamin E: 2.55mg (17.01%), Potassium: 527.94mg (15.08%), Fiber: 3.74g (14.96%), Manganese: 0.26mg (12.79%), Vitamin B6: 0.24mg (12.17%), Vitamin B3: 2.37mg (11.85%), Vitamin B1: 0.15mg (10.21%), Folate: 40.3µg (10.07%), Phosphorus: 97.22mg (9.72%), Selenium: 5.86µg (8.37%), Magnesium: 26.5mg (6.63%), Copper: 0.13mg (6.61%), Zinc: 0.71mg (4.72%), Vitamin B2: 0.08mg

(4.43%), Vitamin B5: 0.36mg (3.57%), Calcium: 23.72mg (2.37%), Vitamin B12: 0.14µg (2.36%)