



## Grilled Pizza with Onions and Prosciutto

 Gluten Free

READY IN



34 min.

SERVINGS



4

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup crème fraîche
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 0.3 cup olive oil
- 4 servings pepper freshly ground
- 1 pound pizza dough frozen thawed
- 2 ounces pancetta paper-thin sliced
- 0.1 teaspoon salt

- 14 oz onion sweet such as vidalia or walla walla, trimmed and halved, with roots intact

## Equipment

- baking sheet
- grill

## Directions

- Prepare grill.
- Place dough on work surface, knead in 1 Tbsp. olive oil and shape into 2 balls. Cover with a towel and let rest for 10 minutes.
- Slice onion halves into thin wedge fans.
- Brush top and bottom lightly with oil. Grill onion, turning once, until charred and just tender, about 3 minutes.
- Transfer to a plate and reserve.
- Roll out and stretch 1 dough ball to 1/4 inch thick.
- Place on a greased baking sheet and brush top of dough lightly with oil.
- Place on grill oil-side down.
- Brush dough with oil, cover and cook until bottom is crisp, about 4 minutes; flip, cover and cook until crisp on both sides and cooked through, about 4 minutes.
- Transfer pizza to a board. Stir together crme frache and salt and spread half on grilled dough. Repeat with remaining dough and crme frache mixture. Top with onion, prosciutto and basil.
- Cut each pizza into 4 slices and serve.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:17.057826202849%

## Flavonoids

Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

## **Nutrients (% of daily need)**

Calories: 611.75kcal (30.59%), Fat: 43.23g (66.51%), Saturated Fat: 12.12g (75.75%), Carbohydrates: 42.06g (14.02%), Net Carbohydrates: 38.59g (14.03%), Sugar: 10.02g (11.13%), Cholesterol: 42.19mg (14.06%), Sodium: 690.75mg (30.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.14g (30.27%), Selenium: 28.8µg (41.15%), Vitamin K: 31.66µg (30.16%), Phosphorus: 273.87mg (27.39%), Vitamin E: 3.95mg (26.35%), Calcium: 258.55mg (25.86%), Manganese: 0.46mg (22.88%), Vitamin B2: 0.37mg (22.04%), Vitamin B1: 0.33mg (21.73%), Folate: 69.69µg (17.42%), Iron: 3.12mg (17.31%), Vitamin B12: 1.02µg (16.93%), Copper: 0.34mg (16.85%), Vitamin B3: 3.25mg (16.24%), Vitamin A: 731.97IU (14.64%), Vitamin B6: 0.28mg (13.88%), Fiber: 3.46g (13.84%), Zinc: 1.91mg (12.76%), Magnesium: 41.68mg (10.42%), Potassium: 364.82mg (10.42%), Vitamin C: 6.92mg (8.39%), Vitamin B5: 0.53mg (5.29%)