



Grilled Pizza with Prosciutto, Arugula, and Lemon

READY IN



1535 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups baby arugula packed
- ☐ 10 ounce bread flour (2 cups plus 2 tablespoons)
- ☐ 2 teaspoons cornmeal
- ☐ 2.3 teaspoons yeast dry
- ☐ 5 ounces fontina shredded
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 0.1 teaspoon kosher salt

- ☐ 1 teaspoon juice of lemon
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 teaspoon oregano fresh chopped
- ☐ 1 teaspoon cracked pepper black
- ☐ 4 ounces pancetta thinly sliced
- ☐ 1 cup warm water divided (100° to 110°)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ stand mixer
- ☐ measuring cup

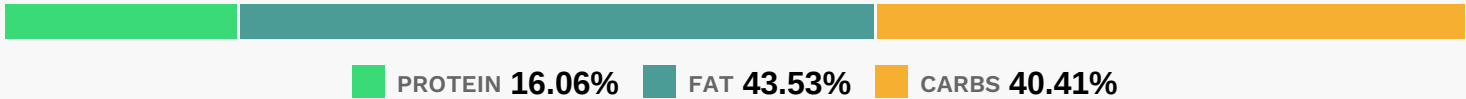
Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups and spoons; level with a knife.
- ☐ Combine flour, 3/4 cup warm water, thyme, oregano, and garlic in the bowl of a stand mixer with dough hook attached; mix until combined. Cover and let stand for 20 minutes.
- ☐ Dissolve yeast in the remaining 1/4 cup warm water in a small bowl; let stand 5 minutes or until bubbly.
- ☐ Add yeast mixture and salt to flour mixture; beat at low speed 5 minutes or until a soft dough forms.
- ☐ Place dough in a large bowl coated with cooking spray; cover dough with plastic wrap coated with cooking spray. Refrigerate 24 hours.
- ☐ Remove the dough from refrigerator.
- ☐ Let stand, covered, for 1 hour or until the dough comes to room temperature. Punch dough down. Divide dough into 4 equal portions. Press each portion into a 7-inch circle on a baking

sheet sprinkled with cornmeal. Cover loosely with plastic wrap.

- ☐ Preheat grill to medium-high heat.
- ☐ Place pizza dough rounds, cornmeal side up, on grill rack coated with cooking spray, and grill for 3 minutes or until blistered. Turn dough over; grill for 3 minutes.
- ☐ Remove from grill.
- ☐ Sprinkle about 5 tablespoons fontina over each pizza. Top evenly with prosciutto and pepper.
- ☐ Combine oil and lemon juice in a bowl; add arugula, and toss gently. Divide arugula mixture evenly among pizzas.
- ☐ Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:34.44, Inflammation Score:-9, Nutrition Score:16.513912926549%

Flavonoids

Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg, Eriodictyol: 3.91mg Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg, Hesperetin: 5.2mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg, Kaempferol: 5.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 565.84kcal (28.29%), Fat: 27.35g (42.07%), Saturated Fat: 11.3g (70.6%), Carbohydrates: 57.11g (19.04%), Net Carbohydrates: 53.67g (19.52%), Sugar: 1.6g (1.78%), Cholesterol: 59.82mg (19.94%), Sodium: 554.04mg (24.09%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.71g (45.42%), Selenium: 39.44µg (56.35%), Manganese: 0.75mg (37.25%), Phosphorus: 259.57mg (25.96%), Calcium: 251.73mg (25.17%), Vitamin B1: 0.36mg (23.68%), Vitamin K: 23.54µg (22.42%), Folate: 85.1µg (21.28%), Zinc: 2.47mg (16.48%), Vitamin C: 13.32mg (16.15%), Vitamin A: 730.49IU (14.61%), Fiber: 3.44g (13.75%), Vitamin B3: 2.74mg (13.69%), Vitamin B2: 0.23mg (13.65%), Vitamin B12: 0.74µg (12.31%), Vitamin B6: 0.21mg (10.34%), Copper: 0.2mg (10.12%), Magnesium: 40.45mg (10.11%), Vitamin B5: 0.98mg (9.81%), Iron: 1.58mg (8.8%), Vitamin E: 1.2mg (8%), Potassium: 270.14mg (7.72%), Vitamin D: 0.33µg (2.17%)