



Grilled Pizzettas with Parmigiano, Prosciutto and Arugula and with Taleggio and Puttanesca

READY IN



35 min.

SERVINGS



6

CALORIES



866 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula
- ☐ 2 tablespoons capers
- ☐ 5 to 6 fresno chile peppers roughly chopped
- ☐ 6 servings chili-infused oil for garnish
- ☐ 6 servings chives chopped for garnish
- ☐ 1.5 teaspoons yeast dry
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups olive oil extra-virgin

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin
- ☐ 0.3 cup gaeta olives pitted sliced
- ☐ 0.5 pound parmigiano-reggiano shaved thin
- ☐ 2 plum tomatoes diced
- ☐ 0.3 pound pancetta sliced thin
- ☐ 1 pinch pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 6 servings salt
- ☐ 0.5 teaspoon sugar
- ☐ 0.5 pound taleggio cheese chopped
- ☐ 0.5 cup warm tap water

Equipment

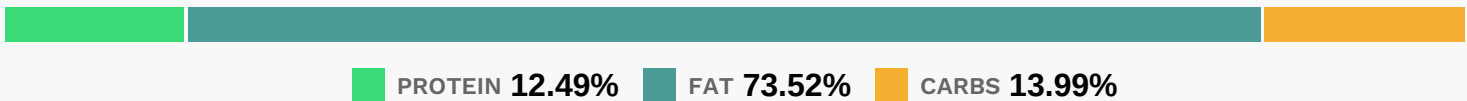
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan, bring chiles and oil to a simmer.
- ☐ Remove from heat and let peppers steep in oil at least 1 hour.
- ☐ In a small bowl add the warm (this activates the yeast. If the water is too hot the yeast will die and if the water is too cold the yeast will not activate) tap water add the dry yeast and the sugar and stir to combine.

- ☐ Let sit for 15 minutes. The top of the water will bubble and it will smell very yeasty, this is what you want.
- ☐ In a large mixing bowl, combine the flour and the salt. Make a well in the center of the flour and add the olive oil and the yeast/water mixture. Using a fork gradually stir the flour into the yeast/water mix. Once most of the flour has combined, turn the dough out to a smooth clean work surface and use your hands to knead the dough to a smooth consistency.
- ☐ Return the dough to the mixing bowl, cover with plastic wrap and set in a warm place for at least 1 hour or until the dough has doubled in size.
- ☐ Preheat oven to 425 degrees F and preheat grill to medium-high heat.
- ☐ In a small bowl, mix together the tomatoes, olives, capers, red pepper flakes and season with salt and a drizzle of olive oil, set aside.
- ☐ Brush and oil grill to remove any crud and clean.
- ☐ Portion the dough into golf ball size rounds. Using a rolling pin, roll each dough into a rectangle, I like irregular shapes. If not using the dough right away, wrap each 1 in plastic wrap and reserve until ready to use. If using the dough right away grill each dough on both sides so there are grill marks and the dough is stiff and crisp. Top some of the dough with shaved Parmigiano and the other with Taleggio.
- ☐ Top the Taleggio pizzas with the tomato mixture.
- ☐ Place pizzas in oven until cheese melts, about 3 to 4 minutes. Immediately when the Parmesan pizzas come out of the oven, arrange prosciutto slices on top and then top with the arugula and drizzle with spicy chile oil.
- ☐ Cut pizzas into pieces and serve immediately garnished with chives.

Nutrition Facts



Properties

Glycemic Index:55.35, Glycemic Load:19.31, Inflammation Score:-9, Nutrition Score:23.517825945564%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg, Kaempferol: 5.95mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 866.4kcal (43.32%), Fat: 71.69g (110.29%), Saturated Fat: 21.67g (135.44%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 28.44g (10.34%), Sugar: 3.45g (3.83%), Cholesterol: 68.04mg (22.68%), Sodium: 1734.88mg (75.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.81%), Vitamin C: 58.42mg (70.81%), Calcium: 681.75mg (68.17%), Vitamin E: 7.09mg (47.25%), Vitamin K: 43.94µg (41.85%), Vitamin A: 1800.9IU (36.02%), Phosphorus: 353.92mg (35.39%), Selenium: 23.26µg (33.23%), Vitamin B1: 0.44mg (29.19%), Folate: 98.06µg (24.52%), Vitamin B2: 0.37mg (21.98%), Vitamin B3: 3.67mg (18.34%), Manganese: 0.35mg (17.37%), Vitamin B6: 0.33mg (16.27%), Iron: 2.73mg (15.18%), Zinc: 1.73mg (11.51%), Magnesium: 42.38mg (10.59%), Vitamin B12: 0.55µg (9.14%), Fiber: 2.27g (9.09%), Potassium: 314.63mg (8.99%), Copper: 0.16mg (7.8%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.26µg (1.76%)