



Grilled Summer Pizzette with Caramelized Peaches, Burrata, Arugula and Crispy Serrano

READY IN



55 min.

SERVINGS



6

CALORIES



1139 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby arugula washed
- ☐ 2 pounds burrata cheese
- ☐ 6 servings flour all-purpose for sprinkling
- ☐ 1 teaspoon brown sugar light
- ☐ 6 servings olive oil for brushing
- ☐ 6 peaches thinly sliced
- ☐ 2 pounds pizza dough frozen thawed
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 8 ounces serrano ham thinly sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoons vegetable oil

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Lightly brush 2 baking sheets with vegetable oil.
- ☐ Lay the ham on top in a single layer and lightly brush with vegetable oil.
- ☐ Bake in the oven until crispy, 10 to 12 minutes, flipping halfway.
- ☐ Remove and let cool.
- ☐ Once your pizza dough has thawed, divide into 3 balls.
- ☐ Sprinkle flour (or cornmeal for texture) on your workspace and roll each ball into an elongated "flatbread," 10 to 12 inches long and 4 inches wide.
- ☐ Brush both sides with olive oil.
- ☐ Melt the butter in a saucepan over medium-high heat and saute the peaches with the brown sugar and some salt and pepper until caramelized, 3 to 4 minutes.
- ☐ Heat a grill or large grill pan to high heat.
- ☐ Grill 1 oiled crust until it has distinguished grill marks, about 2 minutes. Flip and then layer with 2 cups arugula, generous spoonfuls of the burrata, some caramelized peaches and crisp serrano.
- ☐ Sprinkle with salt and pepper and close the grill until the cheese is melted.
- ☐ Remove from the grill and repeat with the 2 remaining pizzettes.

Nutrition Facts

 **PROTEIN 18.43%**  **FAT 59.85%**  **CARBS 21.72%**

Properties

Glycemic Index:29.88, Glycemic Load:9.48, Inflammation Score:-9, Nutrition Score:27.53782627764%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg 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: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg, Kaempferol: 7.31mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 1139.44kcal (56.97%), Fat: 81.08g (124.73%), Saturated Fat: 33.04g (206.5%), Carbohydrates: 66.2g (22.07%), Net Carbohydrates: 60.08g (21.85%), Sugar: 19.06g (21.18%), Cholesterol: 158.81mg (52.94%), Sodium: 1444.28mg (62.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.17g (112.34%), Calcium: 1113.37mg (111.34%), Selenium: 38.32µg (54.74%), Vitamin A: 2656.24IU (53.12%), Vitamin K: 49.39µg (47.04%), Vitamin E: 5.02mg (33.49%), Manganese: 0.66mg (33.01%), Phosphorus: 323.45mg (32.34%), Vitamin B2: 0.49mg (28.98%), Iron: 5.13mg (28.5%), Vitamin B1: 0.42mg (28.2%), Vitamin B3: 5.04mg (25.18%), Folate: 99.74µg (24.94%), Fiber: 6.12g (24.5%), Copper: 0.49mg (24.43%), Vitamin B12: 1.19µg (19.79%), Zinc: 2.49mg (16.62%), Magnesium: 58.15mg (14.54%), Potassium: 498.12mg (14.23%), Vitamin C: 10.96mg (13.29%), Vitamin B6: 0.18mg (9.08%), Vitamin B5: 0.69mg (6.88%)