



Ham & ricotta pizzas with pesto

READY IN



30 min.

SERVINGS



4

CALORIES



701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp tomato pasta sauce
- ☐ 2 pizza bases
- ☐ 2 slices ham
- ☐ 250.5 g ricotta
- ☐ 1 tbsp pesto fresh

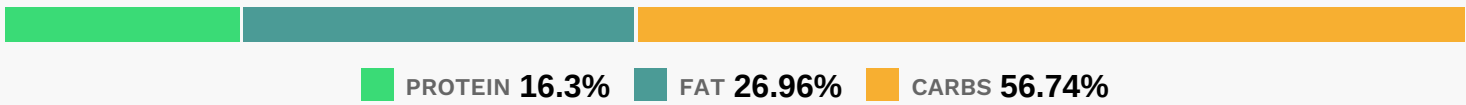
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place a flat baking sheet in the oven to heat up.
- ☐ Spread 2 tbsp tomato sauce on each pizza base. Carefully slide the bases onto the baking sheet and cook following pack instructions.
- ☐ Five mins before the cooking time is up, scatter over the ham, dot the ricotta on top in spoonfuls and continue cooking. Season and drizzle the pesto over each pizza.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.77, Inflammation Score:-2, Nutrition Score:7.6330435120541%

Nutrients (% of daily need)

Calories: 701.09kcal (35.05%), Fat: 20.9g (32.15%), Saturated Fat: 10.77g (67.33%), Carbohydrates: 98.99g (33%), Net Carbohydrates: 95.72g (34.81%), Sugar: 3.81g (4.24%), Cholesterol: 40.92mg (13.64%), Sodium: 1374.94mg (59.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.43g (56.86%), Iron: 5.91mg (32.84%), Calcium: 318.73mg (31.87%), Selenium: 12.35µg (17.64%), Phosphorus: 132.96mg (13.3%), Fiber: 3.27g (13.1%), Vitamin B2: 0.16mg (9.58%), Vitamin A: 419.23IU (8.38%), Zinc: 1.08mg (7.23%), Vitamin B1: 0.1mg (6.39%), Vitamin B12: 0.3µg (5.04%), Vitamin B6: 0.09mg (4.74%), Potassium: 150.35mg (4.3%), Vitamin B3: 0.84mg (4.19%), Magnesium: 11.8mg (2.95%), Vitamin B5: 0.24mg (2.44%), Folate: 9.28µg (2.32%), Vitamin E: 0.34mg (2.24%), Copper: 0.04mg (2.1%), Vitamin D: 0.22µg (1.49%), Vitamin C: 1.05mg (1.27%), Manganese: 0.02mg (1.09%), Vitamin K: 1.11µg (1.06%)