



## Ham, spinach & artichoke pizza pie

READY IN



55 min.

SERVINGS



4

CALORIES



555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 200 g pkt spinach fresh
- ☐ 500 g bread
- ☐ 6 tbsp tomato sauce
- ☐ 6 artichoke hearts
- ☐ 4 tbsp crème fraîche
- ☐ 4 slices ham cut in half thin
- ☐ 100 g gruyere cheese grated

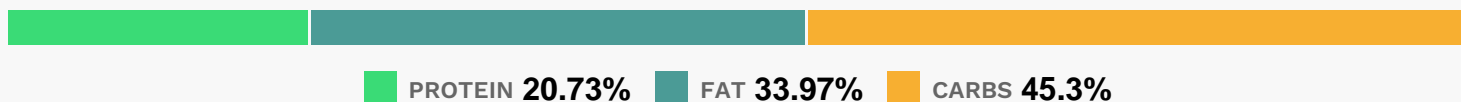
### Equipment

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ colander

## Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Wash the spinach, place in a colander in the sink, then pour over a kettleful of boiling water, to wilt the leaves.
- ☐ Drain well, pressing out as much water as possible, then roughly chop.
- ☐ Make up the bread mix following pack instructions, then divide in half.
- ☐ Roll out one half to a round about 35cm, then transfer to an oiled baking sheet. Thinly spread with tomato sauce to within 2cm of the edge, then season with salt and pepper.
- ☐ Drain and dry the artichoke hearts if they come from a can or jar, then thickly slice. Scatter over the tomato sauce with the spinach, then space about 8 dollops of crme frache on top, covering each with half a slice of ham.
- ☐ Sprinkle with grated cheese.
- ☐ Roll out the other half of the dough to the same size as the first one.
- ☐ Brush the edges of the dough with water and cover the round of dough and vegetables, pressing the edges to seal them. Make a slit in the centre of the dough with the point of a knife, then bake for 25–30 mins until golden and crisp.
- ☐ Cut into wedges and serve with a green salad.
- ☐ To prepare ahead: Make up the pizza pie and freeze, uncooked, on the baking sheet, then remove and wrap in foil when firm. To cook, return to the baking sheet and leave to defrost for 2 hrs, then cook as above. If you prefer to freeze it ready-cooked, simply defrost and reheat in the oven for 10 mins.

## Nutrition Facts



## Properties

Glycemic Index:33.92, Glycemic Load:32.51, Inflammation Score:-10, Nutrition Score:37.233913152114%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 554.8kcal (27.74%), Fat: 21.02g (32.34%), Saturated Fat: 8.52g (53.27%), Carbohydrates: 63.09g (21.03%), Net Carbohydrates: 56.63g (20.59%), Sugar: 8.68g (9.65%), Cholesterol: 51.94mg (17.31%), Sodium: 1257.52mg (54.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Vitamin K: 249.11µg (237.25%), Vitamin A: 5100.18IU (102%), Manganese: 1.97mg (98.6%), Selenium: 47.06µg (67.23%), Folate: 209.34µg (52.33%), Vitamin B1: 0.74mg (49.59%), Calcium: 475.48mg (47.55%), Vitamin B3: 8.86mg (44.3%), Phosphorus: 412.11mg (41.21%), Iron: 6.37mg (35.36%), Vitamin B2: 0.58mg (33.88%), Magnesium: 109.64mg (27.41%), Fiber: 6.46g (25.84%), Zinc: 3.28mg (21.86%), Vitamin B6: 0.39mg (19.49%), Vitamin C: 15.98mg (19.37%), Potassium: 637.41mg (18.21%), Copper: 0.31mg (15.46%), Vitamin B5: 1.44mg (14.36%), Vitamin E: 1.79mg (11.95%), Vitamin B12: 0.6µg (10.07%), Vitamin D: 0.35µg (2.31%)