



Honey-Wheat Pizza with Pear-Prosciutto Salad

READY IN



128 min.

SERVINGS



6

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach fresh
- ☐ 2 bartlett pears red cored ripe thinly sliced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cornmeal divided
- ☐ 1.5 teaspoons yeast dry
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 6 ounces goat cheese crumbled
- ☐ 1 tablespoon honey

- ☐ 0.8 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 3 ounces pancetta very thinly sliced chopped
- ☐ 1 cup warm water (100° to 110°)
- ☐ 0.5 cup flour whole-wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

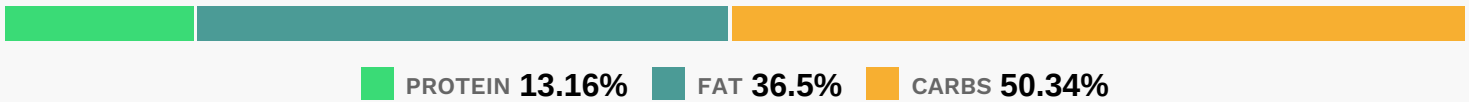
Directions

- ☐ Combine 1 cup warm water, honey, and 1 teaspoon oil in a small bowl, stirring with a whisk. Stir in yeast; let stand 10 minutes. Weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and salt in a food processor, and pulse 2 times or until blended.
- ☐ Add yeast mixture, pulsing to combine (dough will feel sticky). Turn dough out onto a floured surface; knead lightly 3 to 4 times.
- ☐ Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Gently press two fingers into dough. If the indentation remains, dough has risen enough.) Punch dough down; cover and let rest 10 minutes.
- ☐ Preheat oven to 45
- ☐ Place a baking sheet in oven.

- ☐
- Roll dough into a 14-inch circle on a floured surface.

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Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:28.27, Inflammation Score:-9, Nutrition Score:22.143913025441%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 423.88kcal (21.19%), Fat: 17.28g (26.58%), Saturated Fat: 6.81g (42.58%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 48.62g (17.68%), Sugar: 9.18g (10.2%), Cholesterol: 22.4mg (7.47%), Sodium: 509.05mg (22.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.03%), Vitamin K: 102.77µg (97.87%), Manganese: 0.97mg (48.59%), Vitamin A: 2223.69IU (44.47%), Vitamin B1: 0.55mg (36.69%), Folate: 145.91µg (36.48%), Selenium: 24.41µg (34.87%), Vitamin B2: 0.43mg (25.44%), Vitamin B3: 4.26mg (21.32%), Iron: 3.79mg (21.05%), Copper: 0.41mg (20.41%), Phosphorus: 199.96mg (20%), Fiber: 4.99g (19.95%), Magnesium: 52.59mg (13.15%), Vitamin B6: 0.25mg (12.4%), Vitamin C: 9.96mg (12.08%), Vitamin E: 1.37mg (9.12%), Potassium: 310.56mg (8.87%), Zinc: 1.27mg (8.49%), Calcium: 80.68mg (8.07%), Vitamin B5: 0.68mg (6.77%), Vitamin B12: 0.13µg (2.09%), Vitamin D: 0.17µg (1.13%)