



## Italian Pesto Pizza

READY IN



25 min.

SERVINGS



1

CALORIES



2251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 tablespoons basil fresh chopped
- 0.3 cup parsley fresh chopped
- 6 ounces marinated mozzarella cheese fresh sliced
- 3 tablespoons parmesan cheese grated
- 0.5 cup pesto
- 0.5 cup pancetta
- 10 ounce pizza crust refrigerated

## Equipment

oven

## Directions

Preheat oven to 400 degrees F (200 degrees C).

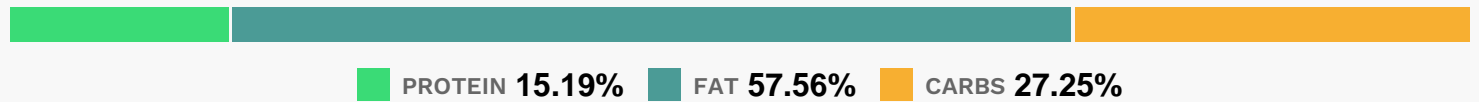
Roll out pizza dough as directed on package.

Spread the pesto evenly on the crust. Arrange mozzarella slices over the pesto; scatter prosciutto over the mozzarella.

Sprinkle pizza with the fresh parsley, fresh basil, and grated Parmesan.

Bake in preheated oven, until crust is browned and pizza is hot and bubbly, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:129, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:39.168695740078%

## Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 2250.79kcal (112.54%), Fat: 143.99g (221.53%), Saturated Fat: 50.57g (316.04%), Carbohydrates: 153.35g (51.12%), Net Carbohydrates: 146.53g (53.28%), Sugar: 23.45g (26.06%), Cholesterol: 235.42mg (78.47%), Sodium: 5329.83mg (231.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 85.49g (170.99%), Vitamin K: 275.07µg (261.97%), Calcium: 1228.47mg (122.85%), Vitamin A: 5403.32IU (108.07%), Phosphorus: 879.65mg (87.96%), Selenium: 57.98µg (82.82%), Vitamin B12: 4.67µg (77.87%), Iron: 10.79mg (59.97%), Zinc: 7.22mg (48.14%), Vitamin B2: 0.65mg (38.13%), Fiber: 6.83g (27.31%), Vitamin B1: 0.4mg (26.43%), Vitamin B3: 5.2mg (25.99%), Vitamin C: 21.03mg (25.49%), Vitamin B6: 0.41mg (20.63%), Magnesium: 64.8mg (16.2%), Potassium: 491.9mg (14.05%), Vitamin B5: 1.02mg (10.18%), Folate: 39.69µg (9.92%), Manganese: 0.17mg (8.48%), Vitamin D: 1.23µg (8.19%), Vitamin E: 1.07mg (7.13%), Copper: 0.12mg (5.99%)