



## Mango Chutney, Prosciutto and Paneer

READY IN



30 min.

SERVINGS



8

CALORIES



419 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic minced
- 1 large green onion finely chopped
- 0.1 teaspoon ground cumin
- 8 servings kosher salt and pepper black freshly ground
- 2 tablespoons mango chutney sweet (recommended: Patak's Mango Chutney)
- 4 naan bread frozen (recommended: Trader Joe's)
- 8 servings glug olive oil extra-virgin
- 0.5 cup paneer cheese crumbled

- 4 slices pancetta
- 0.3 teaspoon pepper flakes red
- 0.5 cup mozzarella cheese shredded
- 0.5 cup tomato paste
- 0.5 cup water

## Equipment

- bowl
- baking sheet
- sauce pan
- oven

## Directions

- Preheat the oven to 450 degrees F.
- In a small saucepan, combine the tomato paste, mango chutney, minced garlic, and water over medium heat, until well combined. Season the mixture with salt and pepper. Cook for about 5 minutes and then remove the saucepan from the heat and set aside.
- In a small bowl, combine the mozzarella, paneer, red pepper flakes, cilantro, green onion, ground cumin and extra-virgin olive oil. Season the mixture with salt and pepper.
- Add more red pepper flakes if you like it spicy!
- Arrange the naans on a cookie sheet. Divide the tomato-mango chutney sauce evenly among the naans, spreading to coat the top. Evenly divide the cheese mixture among the naans. Throw in the oven for 10 to 15 minutes, or until crisped around the edges.
- Meanwhile, tear the prosciutto into small pieces. When the pizzas are ready, top them with the fresh prosciutto.
- Cut each naan into 4, and serve!

## Nutrition Facts



**PROTEIN 9.34%** **FAT 55.25%** **CARBS 35.41%**

## Properties

Glycemic Index:32.25, Glycemic Load:3.09, Inflammation Score:-3, Nutrition Score:5.3008695309577%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 418.87kcal (20.94%), Fat: 25.68g (39.5%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 35.15g (12.78%), Sugar: 6.56g (7.29%), Cholesterol: 22.41mg (7.47%), Sodium: 631.22mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.77g (19.53%), Vitamin E: 2.81mg (18.75%), Vitamin K: 18.71µg (17.82%), Calcium: 154.1mg (15.41%), Vitamin A: 382.92IU (7.66%), Fiber: 1.87g (7.49%), Vitamin C: 4.87mg (5.9%), Potassium: 199.11mg (5.69%), Phosphorus: 47.55mg (4.76%), Selenium: 3.06µg (4.37%), Iron: 0.74mg (4.12%), Manganese: 0.08mg (4.11%), Copper: 0.08mg (3.83%), Vitamin B3: 0.71mg (3.54%), Vitamin B2: 0.06mg (3.32%), Vitamin B12: 0.18µg (2.99%), Vitamin B6: 0.06mg (2.93%), Magnesium: 10.33mg (2.58%), Zinc: 0.38mg (2.56%), Vitamin B1: 0.03mg (1.8%), Folate: 5.36µg (1.34%)