



WHATSheATE



Mozzarella and Prosciutto Pizza with Balsamic Onions

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings flour
- ☐ 4 servings balsamic vinegar
- ☐ 1.5 teaspoons coarse salt
- ☐ 1 teaspoon yeast dry
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 4 large garlic clove chopped
- ☐ 1 tablespoon honey
- ☐ 1.5 tablespoons olive oil

- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 4 slices pancetta sliced thin
- ☐ 1 large bell pepper red
- ☐ 12 ounce onion red thinly sliced
- ☐ 1 cup whole-milk mozzarella packed grated ()
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.5 cup water (105°F to 115°F)
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ broiler
- ☐ spatula
- ☐ slotted spoon

Directions

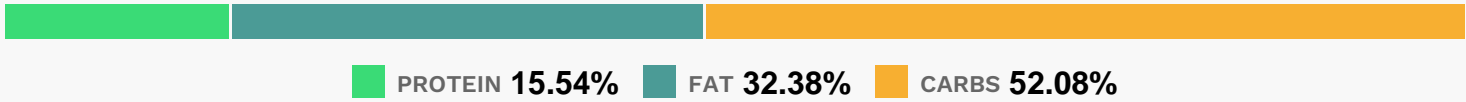
- ☐ Mix flour and salt in large bowl.
- ☐ Place 1/2 cup warm water in small bowl.
- ☐ Sprinkle yeast over water and stir to blend.
- ☐ Let stand until dissolved, about 10 minutes.
- ☐ Pour yeast mixture into bowl with flour.
- ☐ Add oil and honey. Using flexible spatula, stir until coarse dough forms. Knead dough in bowl with 1 hand until smooth and elastic, about 6 minutes. Cover bowl; let dough stand 30

minutes. Refrigerate dough in bowl, still covered, at least 2 hours (dough will rise very little). (Can be made 2 days ahead; keep refrigerated.)

- ☐ Heat 2 tablespoons oil in heavy medium skillet over medium-high heat.
- ☐ Add onion and sauté until golden, about 12 minutes.
- ☐ Add vinegar and Worcestershire sauce. Reduce heat to medium-low; simmer until liquid cooks away and onion is very tender, about 4 minutes; season onion with salt and pepper.
- ☐ Heat remaining 1/2 cup oil in heavy small skillet over medium-low heat.
- ☐ Add garlic and sauté just until garlic begins to brown, about 4 minutes. Using slotted spoon, transfer garlic to custard cup.
- ☐ Pour oil into separate small bowl.
- ☐ Char bell pepper over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and slice thinly. (Onion, garlic, garlic oil, and pepper can be made 1 day ahead. Cover separately; chill.)
- ☐ Place chilled dough ball on work surface. Cover with plastic wrap; let stand at room temperature until malleable, about 1 hour.
- ☐ Position rack in bottom third of oven.
- ☐ Place heavy large baking sheet on rack (invert sheet if rimmed). Preheat oven to 500°F at least 30 minutes.
- ☐ Roll out dough on lightly floured surface to 12-inch round, allowing dough to rest a few minutes if it springs back.
- ☐ Sprinkle flour on pizza paddle or another rimless baking sheet. Slide under dough.
- ☐ Brush 1 tablespoon reserved garlic oil over dough, leaving 1/2-inch plain border.
- ☐ Sprinkle with mozzarella, then reserved garlic and balsamic onion. Top with pepper strips in spoke pattern.
- ☐ Sprinkle with Parmesan. Slide knife under dough to loosen from paddle, if sticking.
- ☐ Position paddle at far edge of hot baking sheet in oven. Tilt paddle and pull back slowly, allowing pizza to slide onto sheet.
- ☐ Bake 6 minutes. Rotate pizza half a turn.
- ☐ Bake until crust is deep brown, about 6 minutes longer. Arrange prosciutto atop pizza.
- ☐ Bake until prosciutto softens, about 30 seconds. Using paddle, transfer pizza to board.
- ☐ Sprinkle with thyme.

- ☐
- Cut into 8 wedges.
- ☐
- Serve, passing more vinegar and garlic oil separately.

Nutrition Facts



Properties

Glycemic Index:77.82, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:22.422608659319%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg

Nutrients (% of daily need)

Calories: 480.23kcal (24.01%), Fat: 17.31g (26.63%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 57.94g (21.07%), Sugar: 12.93g (14.36%), Cholesterol: 13.63mg (4.54%), Sodium: 1252.28mg (54.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.69g (37.38%), Vitamin C: 61.73mg (74.82%), Vitamin B1: 0.61mg (40.73%), Selenium: 27.71µg (39.58%), Folate: 156.66µg (39.16%), Calcium: 354.73mg (35.47%), Phosphorus: 330.32mg (33.03%), Manganese: 0.63mg (31.39%), Vitamin A: 1507.78IU (30.16%), Vitamin B2: 0.48mg (27.98%), Vitamin B3: 4.45mg (22.24%), Iron: 3.63mg (20.17%), Fiber: 4.71g (18.82%), Vitamin E: 2.64mg (17.59%), Vitamin B6: 0.35mg (17.29%), Zinc: 2.14mg (14.28%), Potassium: 392.05mg (11.2%), Magnesium: 42.49mg (10.62%), Vitamin K: 10.49µg (9.99%), Copper: 0.17mg (8.41%), Vitamin B5: 0.66mg (6.6%), Vitamin B12: 0.35µg (5.85%)