

Muffaletta Pizza

READY IN



60 min.

SERVINGS



1

CALORIES



2971 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons celery chopped
- 6 leaves basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 2 cloves garlic chopped
- 0.5 teaspoon garlic powder to taste
- 8 olives green pitted
- 2 ounces mortadella thinly sliced cut into strips
- 1 tablespoon olive oil
- 8 jumbo olives black pitted

- 0.5 teaspoon oregano dried
- 2 ounces parmesan cheese grated
- 16 ounce ready made pizza crust
- 4 ounces pancetta thinly sliced cut into strips
- 2 ounces provolone cheese shredded
- 2 tablespoons onion red chopped
- 2 ounces genoa salami hard thinly sliced cut into strips
- 1 serving salt to taste
- 1 serving salt and pepper black freshly ground to taste
- 2 ounces mozzarella cheese shredded

Equipment

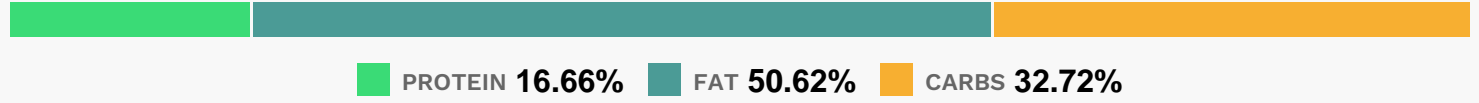
- bowl
- oven
- broiler

Directions

- In a medium bowl, mix jumbo black olives, green olives, celery, red onion, garlic, basil, parsley, olive oil, oregano, salt and freshly ground black pepper. Cover and chill in the refrigerator until using.
- Preheat oven to 500 degrees F (260 degrees C).
- Sprinkle pizza crust with olive oil, salt and garlic powder.
- Place the crust directly on the oven rack.
- Bake for about 5 minutes. Do not allow crust to become overly browned or crisp.
- Remove from heat and allow to cool.
- In a medium bowl, mix together mozzarella cheese, Provolone cheese, Parmesan cheese, hard salami, mortadella and prosciutto. Stir in the olive mixture.
- Preheat the broiler.
- Spread the cheese and vegetable mixture over the baked pizza crust.

- Broil 5 minutes, or until cheeses are melted and meats are lightly browned.
- Cut into 3 inch squares and serve immediately.

Nutrition Facts



Properties

Glycemic Index:343, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:50.143478186234%

Flavonoids

Apigenin: 9.09mg, Apigenin: 9.09mg, Apigenin: 9.09mg, Apigenin: 9.09mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 2970.56kcal (148.53%), Fat: 166.73g (256.5%), Saturated Fat: 66.73g (417.05%), Carbohydrates: 242.44g (80.81%), Net Carbohydrates: 231.99g (84.36%), Sugar: 9.38g (10.42%), Cholesterol: 284.63mg (94.88%), Sodium: 8116.79mg (352.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.44g (246.89%), Calcium: 1735.58mg (173.56%), Selenium: 89.73µg (128.18%), Phosphorus: 1222.77mg (122.28%), Vitamin K: 103.05µg (98.15%), Vitamin B12: 5.88µg (97.99%), Iron: 16.51mg (91.71%), Zinc: 11.14mg (74.28%), Vitamin B1: 1mg (66.78%), Vitamin B2: 0.94mg (55.48%), Vitamin B3: 9.85mg (49.24%), Vitamin B6: 0.97mg (48.47%), Vitamin A: 2251.71IU (45.03%), Fiber: 10.45g (41.79%), Vitamin E: 5.89mg (39.29%), Potassium: 941.69mg (26.91%), Magnesium: 99.63mg (24.91%), Vitamin B5: 2.17mg (21.72%), Manganese: 0.4mg (20.07%), Copper: 0.36mg (17.87%), Vitamin D: 1.81µg (12.1%), Vitamin C: 9.75mg (11.82%), Folate: 38.75µg (9.69%)