



Peach, Prosciutto, and Goat-Cheese Pizzas

READY IN



1500 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 oz active yeast dry
- ☐ 2.5 cups flour all-purpose
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 3 oz mild goat cheese crumbled soft
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 8 pancetta very thin
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 1 cup warm water (110–115°F)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ pizza stone

Directions

- ☐ Stir yeast and sugar into water until dissolved and let stand 5 minutes, or until foamy.
- ☐ Whisk together flour and salt in a bowl and add yeast mixture, stirring until a dough forms. Knead dough on a floured surface 5 minutes. Put in an oiled large bowl and turn to coat.
- ☐ Let rise, covered with plastic wrap, in a warm place until doubled in bulk, about 1 1/2 hours.
- ☐ While dough is rising, put pizza stone in lowest position of oven (on oven floor if gas, lowest rack position if electric; remove other racks in either case) and preheat oven to highest setting (500–550°F; allow about 1 hour to preheat with stone).
- ☐ Quarter dough on floured surface and dust with flour. Shape and stretch 2 pieces of dough into 7- by 5-inch ovals (keep remaining dough covered).
- ☐ Sprinkle baker's peel generously with flour and carefully transfer ovals to it. Jerk peel; if dough sticks, lift it and sprinkle flour underneath.
- ☐ Working quickly, brush ovals with some oil and top each with one fourth of peaches, prosciutto, cheese, and rosemary. Season with salt and pepper.
- ☐ Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of first pizza touches stone, quickly pull back peel to completely transfer pizzas to stone (do not move pizzas).
- ☐ Bake until crisp and golden, 6 to 8 minutes. Slide peel under pizzas to remove from oven.
- ☐ Shape, top, and bake 2 more pizzas in same manner.
- ☐ Drizzle remaining oil over pizzas.

Nutrition Facts



 PROTEIN **11.67%**  FAT **39.61%**  CARBS **48.72%**

Properties

Glycemic Index:36.27, Glycemic Load:43.83, Inflammation Score:-6, Nutrition Score:15.982608702682%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 509.72kcal (25.49%), Fat: 22.24g (34.21%), Saturated Fat: 6.82g (42.6%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 58.97g (21.44%), Sugar: 1.4g (1.55%), Cholesterol: 20.34mg (6.78%), Sodium: 771.19mg (33.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin B1: 0.87mg (57.82%), Folate: 187.04µg (46.76%), Selenium: 30.44µg (43.49%), Vitamin B2: 0.55mg (32.4%), Vitamin B3: 6.06mg (30.3%), Manganese: 0.56mg (28.17%), Iron: 4.2mg (23.34%), Phosphorus: 173.17mg (17.32%), Copper: 0.29mg (14.64%), Vitamin E: 1.67mg (11.11%), Fiber: 2.59g (10.37%), Vitamin B5: 0.82mg (8.15%), Vitamin B6: 0.16mg (7.84%), Zinc: 1.08mg (7.2%), Vitamin K: 6.95µg (6.61%), Magnesium: 24.12mg (6.03%), Vitamin A: 227.02IU (4.54%), Calcium: 45.23mg (4.52%), Potassium: 138.3mg (3.95%), Vitamin B12: 0.12µg (2.03%)