



Pear and Prosciutto Pizza

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups baby arugula leaves
- 2 teaspoons olive oil
- 1 medium pears thinly sliced
- 1 Dash pepper black freshly ground
- 24 ounce prebaked pizza crusts gluten-free frozen thawed
- 2 ounces pancetta thinly sliced cut into thin strips
- 2 ounces provolone cheese shredded
- 1 teaspoon sherry vinegar
- 2 cups onion sweet vertically sliced

2 tablespoons walnuts toasted chopped

Equipment

bowl

frying pan

oven

Directions

Preheat oven to 45

Heat oil in a large nonstick skillet over medium-high heat.

Add onion to pan; cover and cook 3 minutes. Uncover and cook 10 minutes or until golden brown, stirring frequently. Top pizza crust with onion mixture; sprinkle with cheese.

Layer pear and prosciutto over cheese; sprinkle with pepper.

Place on middle rack of oven.

Bake at 450 for 12 minutes or until cheese melts.

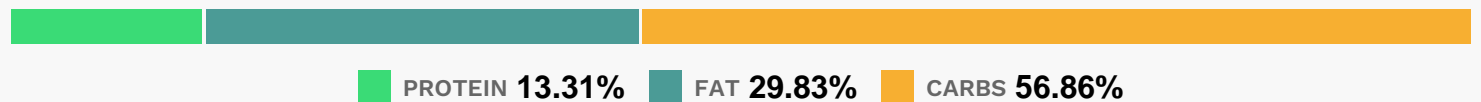
Sprinkle with walnuts.

Place arugula in a medium bowl just before serving.

Drizzle vinegar over arugula; toss gently to coat. Top pizza with arugula mixture; cut into 8 wedges.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:2.18, Inflammation Score:-5, Nutrition Score:9.5230434096378%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg

Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 676.27kcal (33.81%), Fat: 22.56g (34.7%), Saturated Fat: 8.77g (54.81%), Carbohydrates: 96.73g (32.24%), Net Carbohydrates: 91.6g (33.31%), Sugar: 11.29g (12.54%), Cholesterol: 19.14mg (6.38%), Sodium: 1108.03mg (48.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.27%), Calcium: 299.6mg (29.96%), Iron: 5.32mg (29.56%), Fiber: 5.13g (20.52%), Manganese: 0.28mg (14.18%), Phosphorus: 139mg (13.9%), Vitamin K: 12.06µg (11.49%), Vitamin B6: 0.2mg (9.87%), Copper: 0.18mg (8.83%), Folate: 35.11µg (8.78%), Vitamin C: 6.95mg (8.42%), Selenium: 5.62µg (8.03%), Potassium: 245.01mg (7%), Magnesium: 27.5mg (6.88%), Vitamin B1: 0.1mg (6.69%), Zinc: 0.96mg (6.43%), Vitamin A: 321.02IU (6.42%), Vitamin B2: 0.1mg (5.8%), Vitamin B12: 0.28µg (4.63%), Vitamin B3: 0.85mg (4.25%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.31mg (3.08%)